Strathcona County Falls Prevention Project: Helping Older Adults Fall Less

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In 2007, statistics from Strathcona County Emergency Services indicated that fall-related calls from Pioneer Housing Foundation lodge residents had increased.

Many of the calls were from repeat fallers who did not necessarily require transportation to an emergency department, but who did require some form of intervention to reduce their risk of falling.

To address this issue, Strathcona County Emergency Medical Services, Pioneer Housing Foundation and Alberta Health Services – Edmonton Area collaborated to deliver a six-month falls prevention pilot project in 2008. The project was targeted at the residents in two lodges in Sherwood Park, the Clover Bar and Silver Birch lodges.

Strathcona County Emergency Medical Services screened the residents for their risk level of falling and requiring transport to an emergency department. Based on their level of risk, residents were then referred to Alberta Health Services – Edmonton Area, Community Care Access and Strathcona Home Care for intervention services.

In addition, home care and lodge staff delivered fall prevention education sessions to the lodge residents. They also delivered the Alberta Centre for Active Living’s Active Independence: Home Support Exercise Program to all residents who agreed to participate. Active Independence is an evidenced-based health promotion program targeted at improving the physical and psychological well-being of older adults.

The project was completed October 31, 2008, and over 70 residents from the two lodges benefited from the project’s interventions. A final report of the project’s key findings and recommendations is now available.

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