

Fall Prevention Resources for Consumers on the World Wide Web

The Internet resources listed below were selected by the staff of the J.W. Crane Memorial Library for the "Reading Room", a health information resource for seniors and their friends and families at the Deer Lodge Centre.

For more information about Reading Room resources, contact us by phone at 831-2152, or via e-mail at jwclib@deerlodge.mb.ca.

Veterans Affairs Canada. **Fall prevention tips.**

www.vac-acc.gc.ca/clients/sub.cfm?source=health/falls/falltips

Health Canada. **The Safe Living Guide: A guide to home safety for seniors.**

www.hc-sc.gc.ca/seniors-aines/pubs/safelive/toc-e.htm

Includes information on how to safety-proof the home for seniors as well as for any visiting children. Also includes information on other seniors' safety issues.

Health Canada. **Bruno and Alice: a love story in twelve parts about seniors and safety.**

http://www.hc-sc.gc.ca/seniors-aines/pubs/bruno_and_alice/foreword_e.htm

A series of twelve illustrated stories using the tale of a romance between two seniors to promote injury prevention.

Community Health Promotion Network Atlantic. **Watch your step: injury and fall prevention for older adults in New Brunswick**

www.chpna.ca/falls

Created by the Community Health Promotion Network Atlantic who undertook this project to help build partnerships in New Brunswick to prevent falls. Funding provided by Health Canada and Veterans Affairs. Contains statistical and background information on falls, risk factors, best practices, and an Inventory of Canadian programs.



Canadian Mortgage and Housing Corporation. **Maintaining senior's independence through home adaptation.**

<http://www.cmhc-schl.gc.ca/en/burema/rep/masein/index.cfm>

This guide identifies the types of difficulties that seniors can experience in the home and describes types of adaptations that can help overcome these difficulties

Minnesota Safety Council Fall Prevention checklist.

www.mnsafetycouncil.org/seniorsafe/falls

An interactive guide to recommendations on how to prevent falls in each room of the house.

Australia. New South Wales Health. **Falls Prevention -Your Home Safety Checklist.**

Available in Arabic, Chinese, English, Greek and Italian at:

www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/5415.html

U.S. Centers for Disease Control and Prevention. **A toolkit to prevent senior's falls.**

www.cdc.gov/ncipc/pub-res/toolkit/checkforsafety.htm

Includes the brochure "What you can do to prevent falls"; and the checklist "Check for safety: a home falls prevention checklist for older adults", plus the fact sheets: [Falls and Hip Fractures Among Older Adults](#); [Falls in Nursing Homes: The Cost of Fall Injuries Among Older Adults](#); [Summary of Research Findings: Falls Among Older Adults](#)

Trauma Prevention Council. **Are you in jeopardy?**

<http://www.safety-council.org/info/seniors/jeop%20chklst.pdf>

This checklist focuses specifically on preventing falls in the home

For tips on selecting and evaluating the quality of Internet health resources go to:

<http://www.canadian-health-network.ca/html/help/netinfoe.html>

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