

A fall can change everything. What's your role in prevention?

November 17th, 2022

10:00-11:00

A fall can have a large impact on a person's independence and lifestyle. Falls are the leading cause of injury for older adults in Alberta and 1 of 3 older adults will fall at least once per year. Join Melanie and Nan from the Injury Prevention Centre to learn about risk factors that can lead to a fall and actions such as being active, reviewing medication, checking vision, and home safety that can lower the risk of falling. The Finding Balance falls prevention resources, including videos, information sheets and booklets, will be highlighted.

Learning Outcomes: Participants will:

- Recognize risk factors that can lead to a fall
- Identify interventions that may help prevent falls
- Become familiar with falls prevention resources that can be shared with Elders and family members.

Speakers:

Melanie Morgan-Redshaw - The Education Coordinator with the Injury Prevention Centre at the University of Alberta in Edmonton. She works with community partners in education, health, government, and other organizations and helps coordinate injury prevention initiatives for children, youth and older adults including Finding Balance Falls Prevention Program and Brain Waves. Melanie has a Bachelor of Education and a Masters of Education from the University of Alberta.

Nan Shybunka - has been working at the Injury Prevention Centre at the University of Alberta in the School of Public Health for the past 23 years. Nan has been involved in various projects and initiatives, for the past 10 years Nan has been the coordinator of the Finding Balance Falls Prevention Program. Nan works in collaboration with community stakeholders in identifying key issues and needs of older adults while assessing current strategies. Nan has a Bachelor's Degree in Community Rehabilitation from the University of Calgary.



Target Audience:
Practitioners, family
members and Elders

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