Keeping Elders Well Through Falls Prevention

October 17, 2024
10:00-11:00am MDT

Finding Balance is an older adults falls prevention program that is coordinated by the Injury Prevention Centre. The main objectives are 1) To provide older adults, practitioners and caregivers with the latest information and research to help prevent falls. 2) Aims to help adults live an active and independent lifestyle.

Learning Outcomes:

- Recognize risk factors that can lead to a fall
- Identify interventions that help prevent falls
- Become familiar with falls prevention resources and strategies that can be implemented as well as shared

Speakers:

Shelley Dallas-Smith, Project Coordinator, Finding Balance-Alberta within the Injury Prevention Centre at the University of Alberta School of Public Health. BA degree in Recreation Administration from the U of A. Shelley's extensive career has included working as a Recreation Therapist, Injury Prevention Specialist and Health Promotion Facilitator within health for three decades. Prior to this new Finding Balance role Shelley was involved with the Red Deer Urban Aboriginal Voices Society within their Health Domain and a member of the AHS Central Zone Public Health Indigenous Learning Circle

Target Audience: Older adults, caregivers, individuals who support older adults indirectly or directly in the community

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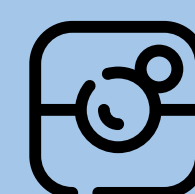
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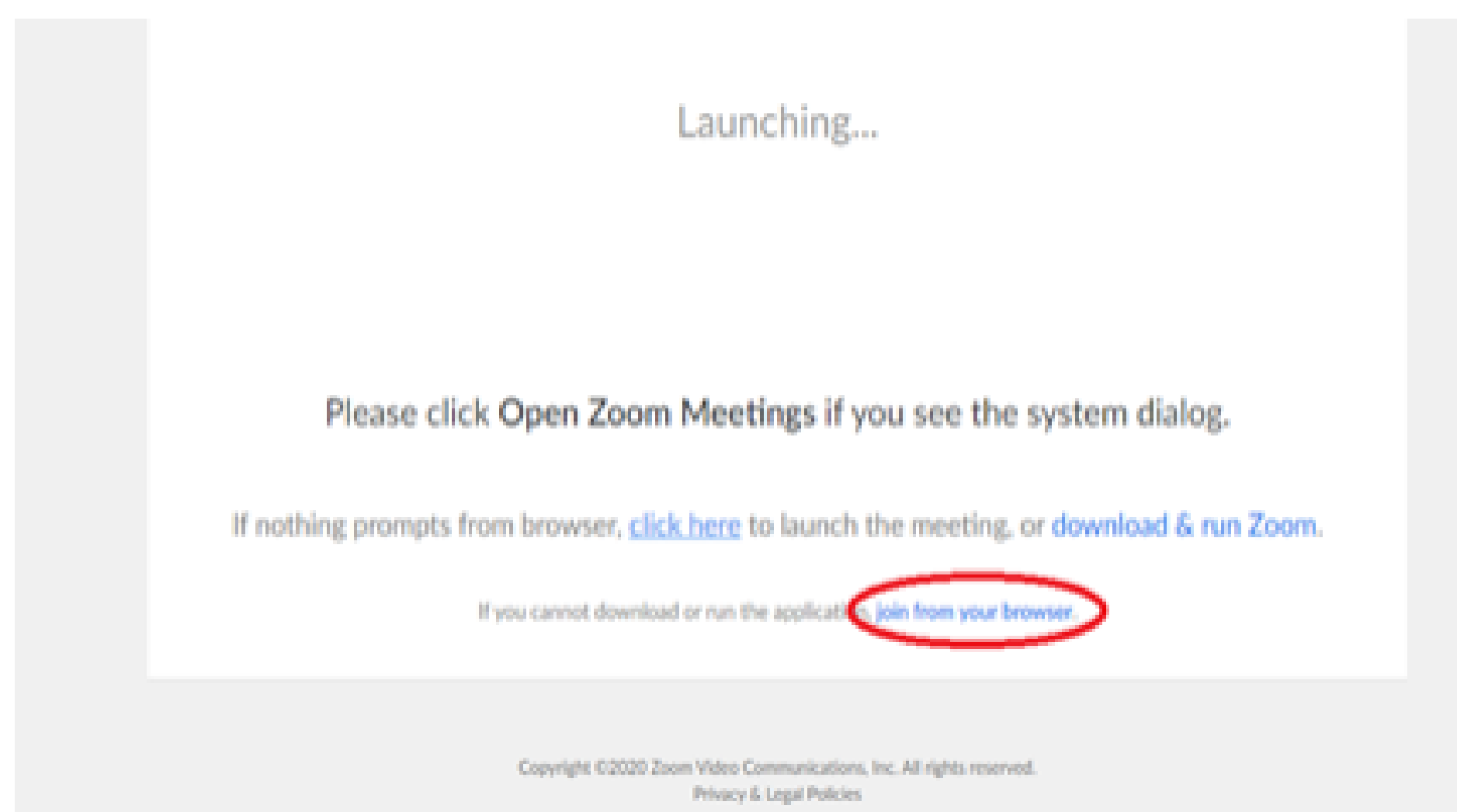
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