Preventing Falls Among Our Elders: Creating Collaborative Solutions

December 3, 2024
10:00-11:30am MST

The focus of this session will be on the importance of addressing falls among elders. Using a two-eyed seeing approach, the presenter will share research findings related to exercise programming, and then look to the audience for perspectives and lived experiences. Together, this will lead to learning in both directions, and will lay the foundation for future collaboration in this space.

Learning Outcomes:

- Describe the outcomes of falls in older adults
- Understand the importance of exercise for fall prevention
- Learn about the landscape of fall prevention programs in Canada
- Co-create opportunities for future fall prevention programming for First Nations, Métis, and Inuit older adults

Speakers:

Shilpa Dogra, PhD, Professor, Faculty of Health Sciences (Kinesiology), Ontario Tech University; Research Excellence Chair - Disrupting Human Mobility; and Founding Chair - Committee for an Age-Friendly University.

Target Audience: People who care for, or are themselves, over the age of 50 years.

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21662

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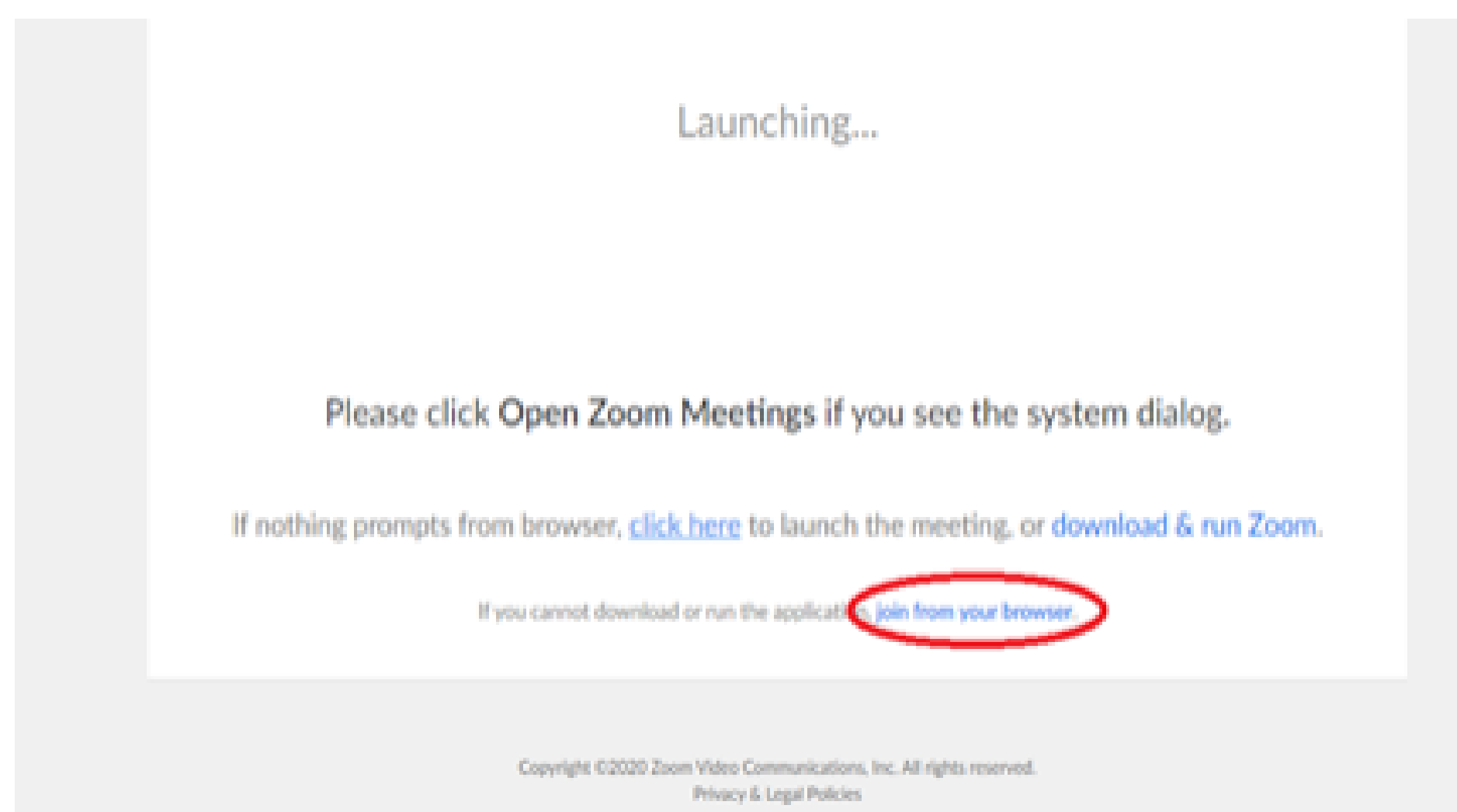3. Passcode: 443327
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