

# PRACTITIONER'S DAY 2017

# THE INJURY PREVENTION CENTRE

- **Operating since 1998**
- **Centre within the U of A School of Public Health**
- **Evidence-based**
- **Backbone organization providing infrastructure for collective impact to build and sustain long term action on injury**
- **Focus on being a catalyst for action by supporting community and decision-makers with knowledge and tools**

# Seniors' Falls Facts



1 OUT OF 3 CANADIANS OVER 65



1 OUT OF 2 CANADIANS OVER 80

WILL FALL  
AT LEAST  
**ONCE**  
A YEAR

FALLS **COST** ALBERTANS  
OVER **\$288 MILLION**  
EVERY YEAR IN HOSPITAL ADMISSIONS



(Injury Prevention Centre. Seniors falls infographic 2016. Edmonton, AB:  
Injury Prevention Centre; 2016.)

# FINDING BALANCE

- **Developed in response to and with community stakeholders**
- **Evidence-based**
- **Targets community-living well seniors**
- **10 years of continued development and refinement 3 key messages**
  - **Stay active**
  - **Review your medications**
  - **Have your vision checked**

# FINDING BALANCE VIDEO

<http://vimeo.com/235036542>