

Falls Prevention Demonstration Project

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For older adults, falls represent a major health threat and have a significant impact on resource use in the WRHA. The risk of falling and sustaining an injury is influenced by a broad set of health determinants and risk factors including physical, behavioural, environmental and social factors. Success in reducing falls has been demonstrated by a coordinated, multi-factorial and sustained approach involving a team of health professionals and community leaders who are well informed in evidence-based practices.

The WRHA is leading the development of a Prevention of Falls in Older Adults Initiative for the Winnipeg Health Region. A community development approach will be used and will involve WRHA programs and services, as well as community partners.

The goal of this project is to develop, implement and evaluate falls prevention tools and processes in the St. James/Assiniboia and Assiniboine South paired community areas and to evaluate the implementation for the broader Winnipeg area. Implementation of this plan will be phased in over a one-year period. Strong emphasis will be placed on building community capacity and evaluation of activities for wider implementation within the WHRA.