



Stay on Your Feet (SOYF) - July 2015 Update

Be included and have your say – complete the Stay on your Feet (SOYF) e-survey

Watch for the **SOYF Community Survey** to arrive in your Inbox. Please take 10-15 minutes to provide your information and give your input. This survey is being sent to service providers across the NE LHIN as part of a community assessment process. Stakeholder focus groups are planned for each district this fall. Let us know if you are interested in participating (it's also a question in the survey).

The purpose of this survey is to have you identify:

- programs and activities you offer that address the risk factors for falls among older adults;
- the risk factors you feel need more attention in your community, and;
- your current involvement and your plan for future involvement in SOYF.

Stand UP! facilitator training set for September 24, 2015 in North Bay

If you would like to register for the day-long training required to become a STAND UP! facilitator, please contact Lisa Rhodenizer 1-800-563-2808 ext. 3222 or by email lisa.rhodenizer@nbpsdhu.ca. Please forward to anyone you think may be interested in offering this program. Click [here](#) for the registration information.

Stand UP! - A fall prevention exercise class for older adults offered across the NE

Stand UP!...

- is a fall prevention exercise program for older adults who live independently in the community and have fallen or have a fear of falling;
- runs for 12 weeks and consists of three components: group exercises, exercises at home, and discussion sessions on fall prevention;
- is offered by trained facilitators*, for 2.5 hours a week (2 days per week, 2 hours of exercise and 30 minutes of education);
- aims to: (1) improve the balance of and increase the strength of participants' lower limbs; (2) enable participants to adopt safer behaviours and learn how to ensure that their home environment is safe; (3) increase participants' sense of confidence with regards to fall prevention; and (4) encourage participants to stay physically active.

For more information contact: Wendy Carew, Regional Coordinator SOYF, NE LHIN
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