North East LHIN and Partners Falls' Prevention Conference 2016

"It takes a community…to prevent a fall"

October 31, 2016 – North East LHIN community members working together to prevent falls include (L to R): Terry Tilleczek, Senior Director, NE LHIN; Dr. Penny Sutcliffe, Medical Officer of Health and CEO, Sudbury & District Health Unit; Shirley Watchorn, Chair of the Stay on Your Feet (SOYF) Regional Committee; Shaen Gingrich, Vice-Chair, SOYF Regional Committee; and Dr. Grant McKercher, Physician (Care of the Elderly) and Seniors' Mental Health, North Bay Regional Health Centre. The regional conference took place in Sudbury on October 27 where care providers learned more about helping fellow Northerners prevent falls.

This 'made-in-the-North' effort is needed. One in three older adults fall every year, 50% of these falls happen in their home, and the North East LHIN is home to a large and growing seniors' population.

Organized by the LHIN and the North East Stay on your Feet Regional Committee and its partners, including the region's Five Public Health Units, 190 people from health and many others sectors came together under the collaborative theme: *"It takes a community… to prevent a fall."*

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Knowing that staying healthy and well is an important part of preventing falls, in the last year, the NE LHIN provided the funding needed for 1,200 people to participate in Stand Up! programs and almost 3,000 in exercise classes. The NE LHIN works with many partners to help Northerners to stay independent for as long as possible though services such as assisted living, meals on wheels, adult day programs, and transportation services.

The conference also launched November as fall prevention month. The NE LHIN region's focus this year is on reducing falls' risks in the homes of older adults. A new Home Safety Checklist is available here on the NE LHIN website.

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