

North Simcoe Muskoka LHIN Update

Ryan Miller, RN, MN, GNC(c)

Program Manager

NSM Integrated Regional Falls Program

Co-Chair Simcoe Muskoka Integrated Falls Strategy

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Welcome and Thank you

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Simcoe Muskoka Integrated Falls Strategy

- Core Group
- Five Pillars
 - . Health Promotion
 - . Risk Screening
 - . Management and Intervention
 - . Policy
 - . Education and Knowledge Translation
 - End Falls This Fall Planning Committee

Health Promotion

- Good oral health is linked directly to good overall health
- This pillar is identifying ways to help those, in financial need, access oral health services
- In partnership with Georgian College's Dental Hygiene the program is now offering oral hygiene clinics, specifically to older adults, at 50% off the regular fee.
- These clinics will take place in October 2014, with a total of 68 individuals receiving care.
- Planning for ways to continue and expand this partnership are underway.
- The need for access to restorative services has been identified by the group.

Policy

- Focused on the promotion of Universal Design and the ADOA within NSM LHIN.
- The group has taken advantage of opportunities to comment on the National Building Code of Canada's design for handrails and stairs.
- The group is looking to modify these standards to reflect best practice to reduce fall risk within the home setting.

Risk Screening and Management and Intervention

- Focusing on primary care intervention
- Development of an algorithm to assist primary care in the navigation of the current system and available resources
- Three screening questions
 - . Have you had a fall in the last 12 months?
 - . Have you had a near fall in the last 3 months?
 - . Do you have a fear of falling?

Knowledge Translation and Exchange

- 7th annual End Falls This Fall conference
 - . Over 200 delegates
 - . Across Ontario
- Local community and service group education sessions
- More information on our activities please visit: <http://www.fallpreventioninfo.ca>

Other Activity

- Exercise and Fall Prevention Education
 - . Partnership between the NSM Integrated Regional Falls program and the VON of Simcoe County
 - . Currently over 300 exercise classes per week offered across the NSM LHIN
 - . Fall Prevention Education classes- 12 week cycle- local retirement homes and communities
- Building an exercise database- available classes and opportunities throughout Simcoe County and Muskoka

Continued Efforts

- NSM LHIN- evaluation of existing seniors care programs
- Hope to see the expansion of Specialized Geriatric Services in this LHIN
- Health Links- continued partnerships
- NSM LHIN; Care Connections- Healthy People. Excellent Care. One System.

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Thank you!
Lunch 😊

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