

# Fall Prevention Community of Practice

Moving Forward Together: Loop and Fall  
Prevention Month

End Falls This Fall  
September 13, 2016



# Today's highlights

1. Background on the Fall Prevention Community of Practice (CoP)
2. Demonstration Loop, our online communication platform
3. Fall Prevention Month 2015 (review) and 2016 (upcoming)

# Fall Prevention CoP

- Founded October 2010
- Supported by Ontario Neurotrauma Foundation (ONF)
- Consists of a General Membership with a Core Team
  - Total active membership: 1050
- Interact online, via Loop

The Core Team  
(April 2015)



# What is a CoP?

A Community of Practice (CoP) is a group of people who come together to exchange information on a topic.

Community members make a commitment to support and learn from one another and to develop new knowledge to advance the field of practice.

# Why have a CoP?

- Build capacity in the prevention of falls and fall related injuries
- Create supportive communities in Ontario where adults enjoy quality of life and maintain their independence through the prevention of falls



# Who benefits?

- Front line workers in all health care sectors
- The health care system and beyond
- Older adult groups and caregivers
- Policy makers/decision makers
- Researchers



# Fall Prevention Community of Practice

The logo for the Fall Prevention Community of Practice (LOOP) features the letters 'L', 'O', 'O', and 'P' in a stylized, blue-outlined font. The first 'O' contains two small human figures and a circular arrow, representing a loop or cycle. The second 'O' contains a single human figure and a circular arrow, also representing a loop or cycle.

- Online communication platform for fall prevention
- Launched September 2015 (First seen [HERE!](#))
- Loop helps CoP members
  - Network
  - Share knowledge & learnings
  - Crowdsourc answers
  - Co-create resources
  - Work with their small group

Enter



[fallsloop.com](http://fallsloop.com) • [chutesloop.com](http://chutesloop.com)





*It takes a community to  
prevent a fall.  
We all have a role to play.*

- In Ontario for the first time November 2015
- In 2016, thirteen organizations partnered to provide leadership and planning
- Coordinated efforts across Ontario and beyond

# Partners for Fall Prevention Month

- Ontario Neurotrauma Foundation
- Fall Prevention Community of Practice
- Parachute
- Ontario Injury Prevention Resource Centre
- RNAO
- Public Health Agency of Canada
- Osteoporosis Canada
- Toronto Rehabilitation Institute – University Health Network
- Finding Balance Ontario
- Finding Balance Alberta
- Canadian Patient Safety Institute
- Saskatoon Health Region
- National Institute on Ageing – Ryerson University

# Partners for Fall Prevention Month



Osteoporosis Canada  
Ostéoporose Canada



# Toolkit contents

[Download All English Resources as Zip File \(58.8MB\)](#)

[Download All French Resources as Zip File \(27.1MB\)](#)

How to use this toolkit **1**

[View Resources](#)

Information for older adults and caregivers **20**

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Promotion & media **5**

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Sample activities for November **11**

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Practitioner resources **21**

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Ongoing programs and interventions **8**

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Statistics & infographics **4**

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Evaluation tools **3**

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# Evaluation Results

## Participation

- 6165 participants in FP events
- 109 organizations (94 in Ontario)
- 157 initiatives (22 for staff)
- Highest turnout
  - Webinars: 1845 views
  - Presentations: 1779 attendees
  - Info booth: 888 drop-ins
  - Fair: 885 participants
  - Fitness activity: 867 participants
- Most often planned initiatives
  - Handout distribution: 87
  - Presentation: 70
  - Info booth: 39
  - Webinar: 25
  - Fitness activity: 22
- Social Media
  - 497 Tweets
  - 96 media events (newspapers and radio)

# Fall Prevention Month 2016

- New, bilingual Fall Prevention Month website
  - [fallpreventionmonth.ca](http://fallpreventionmonth.ca)
  - [novembresanschute.ca](http://novembresanschute.ca)
- Updated Toolkit for 2016
- Organizations can promote their November initiatives on the website
- Expanded evaluation and strategies to increase participation in evaluation
- Greater focus on media and promotion
  - Twitter: @FallPreventON

 **TOOLKIT RESOURCES**

FOR ORGANIZATIONS & PRACTITIONERS



 **INITIATIVES**



 **FINDING BALANCE**

INFORMATION FOR OLDER ADULTS



**NOVEMBER IS  
FALL PREVENTION  
MONTH**

**It takes a community to prevent a fall.**

**We all have a role to play!**

Now in its second year, Fall Prevention Month encourages organizations to coordinate their efforts for a larger impact. Organizations in Ontario and beyond participate by planning activities and sharing evidence-based information on fall prevention. Together, we can raise the profile of fall prevention and help everyone see their role in keeping older adults active, independent and healthy as they age.

# How to reach us

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