

SMIFS

ABOUT US:

SMIFS inaugural committee was struck in October of 2006. The committee was then called the Staying Independent Falls Prevention Coalition (SIFPC), cofounded by Osteoporosis Canada and The Simcoe Muskoka District Health Unit. The intent is to reduce the incidence, severity of injury and impacts related to falling in Older Adults. We are a group of community organizations working together for the health and wellbeing of seniors.

We provide an annual fall prevention conference for health care providers, an electronic inventory of programs, services and resources, to support the health and well-being of seniors and more.

For more information on Fall Prevention:
fallspreventioninfo.ca

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Stand Strong

SIMCOE MUSKOKA INTEGRATED FALL STRATEGY

VOLUME I, ISSUE I

End Falls This Fall Conference

This year, SMIFS celebrated its 10th annual End Falls This Fall conference, a professional development opportunity targeted to healthcare providers in fall prevention across the continuum of care. In 10 years, End Falls This Fall has expanded its participant capacity over four times and has inspired a complementary conference in the North East LHIN.

End Falls This Fall has hosted incredible speakers, such as Dr.

Samir Sinha, expert lead for the Ontario Senior Strategy, Dr. Michael Gordon, geriatrician and author of “Parenting Your Parents: Straight Talk About Aging in Your Family”, Toronto



End Falls This Fall celebrates 10 years.

Re-hab iDAPT researchers Dr. Alison Novak, Emily King and Dr.

Yue Li to talk about safe stair/handrail design, bathroom safety and updates in safe footwear. Additionally, SMIFS has invited more local topic experts to educate regarding exercise programs available in our region, incontinence prevention and management, vision, polypharmacy, the influence of pain on balance, practical considerations for dementia and many more.



Specialized Geriatric Services

**Specialized
Geriatric
Services:
Supporting
frail seniors in
North Simcoe**

An integrated program for Specialized Geriatric Services (SGS) is one step closer for residents of North Simcoe

Muskoka, as the program launched in June.

According to 2015 data, North Simcoe Muskoka has a total population of 479,471 and of that 85,610 or roughly 18%

often lead them to be frailer than the rest.

Associated with these frail conditions can be isolation, difficulty in getting to or accessing services, and complexity in transitioning through a complicated system of care.

That's where SGS come in. Supported through Waypoint Centre for Mental Health Care and the NSM LHIN, SGS is all about supporting frail seniors and their caregivers, through the provision of coordinated care throughout North Simcoe Muskoka.

Dr. Kevin Young an Orillia geriatrician, is the program's physician lead who noted that early SGS program work has focused on redesigning the Behaviour Support System to better

support older adults with cognitive impairment and behaviours, but as a whole, the program will help all frail seniors. "We're very excited about it because integrated services for people so that no matter where in the region you live, you will receive the same type of service."

As the new North Simcoe Muskoka SGS develops, the goal over time, is that frail seniors will be able to call one phone number, be cared for by an inter-professional team of specialized health care professionals, only have to tell their story once and know services are close to them that will help reduce their need to travel.



are seniors (over the age of 65). Many seniors lead healthy lives—yet others aren't so lucky and can experience a variety of conditions that

Visit the SGS website for more information.

www.nsmsgsgs.ca

Fracture Prevention in North Simcoe Muskoka

To help decrease the number of fractures related to osteoporosis in North Simcoe Muskoka (NSM), there are Fracture Prevention Coordinators (FPC) from Osteoporosis Canada (OC) located in the RVH, OSMH & CGMH fracture clinics to screen patients through the Fracture Screening & Prevention Program (FSPP). The FPC's screen patients aged 50+ who have had a fragility fracture and provide them with the resources necessary to help prevent a future fracture. For more information on the FSPP, you can find the archived presentation

[“Osteoporosis, Falls, Fractures and the Fracture Screening and Prevention Program”](#)

The SMBHP is a collaborative program with OC, LMC Diabetes & Endocrinology and The Waterside Clinic to provide at risk patients the opportunity to consult with a specialist about their bone health. Diagnostic testing is completed and outcomes are used to determine the most appropriate care for the patient. The FPC is able to facilitate a referral, through the Orthopaedic Surgeon after the patient has

been screened and deemed appropriate; patients can expect to be seen within 4-6 weeks from the time of screening.

Bone health and fracture prevention education sessions are available throughout NSM. In Barrie, OC has teamed up with the BCFHT to deliver these two hour bi-monthly sessions with topics including knowing, building, feeding and treating your bones. Patient's can be referred to this program through their HCP or they can self-refer, they do not need to be part of the BCFHT to attend. Similar classes are available through the Couchiching FHT, Chigamik CHC and the South Georgian Bay CHC.

If you require further information, please visit www.osteoporosis.ca or call 1-800-463-6842. For local information please contact Rebecca Hyde at rhyde@osteoporosis.ca

Electronic Fall Prevention Resource

Looking for resources to help your patient that is at risk of a fall or has had a fall?

Visit www.fallspreventioninfo.ca our home page lists key resources with contact information for quick reference. However, we have a data base full of programs, services and resources, for all of Simcoe Muskoka. You can search geographically or by area of concern.



November is Fall Prevention Month

Fall Prevention Month encourages Canadian organizations to come together and coordinate their fall prevention efforts for a larger impact.



Did you know?

Falls are the leading cause of injury among older Canadians. Falls can result in chronic pain, reduced mobility, loss of independence and even death.

At fallpreventionmonth.ca there are resources to plan your fall prevention initiatives. Find infographics, sample activities, media tools and more. Browse the information for older adults section for resources you can use as client handouts or education materials. Encourage clients to visit this section too!



Poor Oral Care Increases Fall Risk

Poor Oral Health leads to Poor Nutrition, which leads to Frailty and increases the Risk of Falling.

The Dental Hygiene Students at Georgian College, in partnership with the Simcoe Muskoka Integrated Fall Strategy, will be offering Dental Hygiene Services to Seniors at a reduced cost during the month of NOVEMBER to recognize FALL PREVENTION MONTH.

For a reduced fee of \$20, oral health needs will be evaluated and a unique plan will be recommended.

All services are provided by Dental Hygiene Students under the supervision of a Registered Dental Hygienist.

You must register during the month of November and be 65 or older to receive the discount. Please see full [Oral Health Clinic Flyer](#) for details.

SMIFS

Home & Community Health Care

Seniors for Seniors

Independent Living Services

Philips Lifeline - Georgian Bay General Hospital

RNAO

Simcoe Muskoka District Health Unit

NSM IRFP

Osteoporosis Canada

CHATS

Central East Stroke Network

South Georgian Bay Community Health Centre

Superior Home Health

VON - SMART Program

YMCA of Simcoe/Muskoka

The City of Orillia

The County of Simcoe

The District of Muskoka

If you are interested in joining our team, please connect:

Sarah Orr-Shaw

Simcoe Muskoka District Health Unit

sarah.orr-shaw@smdhu.org

Magdalena Stapinski

NSM IRFP

MZStapinski@osmh.on.ca

Home Adaptation and Maintenance Program

The Home Adaptation and Maintenance Program (HAMP) is one of many programs offered through Community & Home Assistance to Seniors (CHATS). CHATS is a not-for-profit organization receiving funding from the Central LHIN and registered as a United Way charity. HAMP's current catchment area includes Northern York Region (Georgina, East Gwillimbury, and Newmarket) in addition to South Simcoe (Bradford West Gwillimbury and New Tecumseth).

HAMP is a fall prevention program focused on helping older adults (55+) and those with age related illnesses reduce the risk of falling and remain living



Help seniors remain in their home longer with HAMP.

in their homes for as long as they safely can do so. HAMP provides a free in-home safety assessment to our clients wherein we help identify potential fall hazards in the home and recommend safety solutions. Clients are also assessed financially to determine if they qualify for subsidy.

Following assessment, HAMP will request estimates from our trusted service providers for follow up review with clients. We coordinate the services and billing to ensure that clients are satisfied. For questions about the Home Adaptation and Maintenance Program (HAMP) please call 1- 866-677-9048 ext 6227.