

# Are you an older adult living in the City of Cornwall, Counties of Stormont, Dundas & Glengarry and Prescott-Russell?

If yes, we have exercise programs that can help to build your strength and balance, which can help to prevent falls.

## WHICH EXERCISE PROGRAM IS BEST FOR ME?

- I have few worries about my balance
- I am able to exercise at least twice a week which include:
  - Getting stronger
  - Improving my balance and flexibility
  - Increasing my endurance activities that increase my heart rate (brisk walk)
- Goal – maintain or improve fitness level



**I have a HIGH activity level**

**Seaway Valley Community Health Centre (SDG & City of Cornwall) English Programs**  
 613-930-4892 ext229 [www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)  
 Balance for Life! Program: Level Three

**Centre de santé communautaire de l'Estrie (SDG & PR) French and/or English Programs**  
 Bourget, Crysler, Alexandria, Embrun, Cornwall  
[info@cscestrie.on.ca](mailto:info@cscestrie.on.ca)  
 Get moving, for better balance

**Municipal & City Programs / Older adults community centres**  
 Contact your municipality for details

[www.champlainhealthline.ca](http://www.champlainhealthline.ca)  
[www.211ontario.ca](http://www.211ontario.ca)

- I am worried about my balance
- I can do all of the following:
  - Stand on one leg for 2 seconds
  - Climb 10 stairs
  - Stand for 20 minutes
  - Walk 1 block without losing my breath or sitting down
- Goal – Improve strength & balance, so I can move around more easily



**I have a MEDIUM activity level**

**Seaway Valley Community Health Centre (SDG & City of Cornwall) English Programs**  
 613-930-4892 ext229 [www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)  
 Balance for Life! Program: Level Two

**Centre de santé communautaire de l'Estrie (SDG & PR) French and/or English Programs**  
 Bourget, Crysler, Alexandria, Embrun, Cornwall  
[info@cscestrie.on.ca](mailto:info@cscestrie.on.ca)  
 Get moving, for better balance

**Carefor (Prescott-Russell and Glengarry)**  
 In-home exercise program (30\$/15 weeks)  
 Group exercises in Hawkesbury

**Community Care Access Centre (CCAC) 310-2222**  
 Exercise classes – level 2

- I am afraid of falling
- I have difficulty with:
  - My balance
  - Getting out of a chair
  - Walking (I may need a walking aid like a cane or a walker)
- Goal – To be more mobile, steady and able to be more independent



**I have a LOW activity level**

**Complete the Staying Independent Checklist and talk to your healthcare provider (eg family doctor)**

**Seaway Valley Community Health Centre (SDG & City of Cornwall) English Programs**  
 613-930-4892 ext229 [www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)  
 Balance for Life! Program: Level One

**Centre de santé communautaire de l'Estrie (SDG & PR) French and/or English Programs**  
 Bourget, Crysler, Alexandria, Embrun, Cornwall  
[info@cscestrie.on.ca](mailto:info@cscestrie.on.ca) Programme PIED

**Carefor (Prescott-Russell and Glengarry)**  
 In-home exercise program (30\$/15 weeks)  
 Group exercises in Hawkesbury

**Community Care Access Centre (CCAC) 310-2222**  
 Exercise classes, physio

**Date: September 2016**

# STAYING INDEPENDENT

Falls are the main reason why older people lose their independence.



Are you at risk?

For more information on exercise and falls prevention programs contact Champlain CCAC at 613 310-2222 or [Champlainhealthline.ca](http://Champlainhealthline.ca)

This initiative is sponsored by the Champlain Local Health Integration Network and the 4 regional health units.



## Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.

Why it matters

Yes (2)	No (0)	I have fallen in the last 6 months.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicine can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
TOTAL _____		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor or health care practitioner.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. *J Safety Res*; vol. 42, n°6, 2011, p. 493-499). Adapted with permission of the authors.

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Primary Care Providers: For more information about the Champlain Falls Prevention Strategy, the Staying Independent Checklist, and the clinical algorithm go to: [stopfalls.ca](http://stopfalls.ca)

### **I have a HIGH activity level**

**Seaway Valley Community Health Centre (SDG & City of Cornwall)** English programs 613-930-4892 ext229 [www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)

- Balance for Life! Program – Level Three: 12 week program (2 sessions per week) including falls education. Program includes progressive intensity range of motion activities around major joints and muscle groups; 20 minutes of cardiovascular exercise with increasing intensity to the desired target heart rate with 5 minutes cool down, with attention to balance.

**Centre de santé communautaire de l'Estrie** (Bourget, Crysler, Alexandria, Embrun, Cornwall) French and / or English programs [info@cscestrie.on.ca](mailto:info@cscestrie.on.ca) , [www.cscestrie.on.ca](http://www.cscestrie.on.ca)

- Get moving, for better balance: 12 weeks (2 sessions per week) including falls education modules and home exercises. 30 minutes of cardiovascular exercises of light to moderate intensity including a progressive warm-up and cool-down. General strength training with emphasis on lower extremity, functional balance, general flexibility and range of motion exercises. Demonstration and practice of getting up from the floor.

### **I have a MEDIUM activity level**

**Seaway Valley Community Health Centre (SDG & City of Cornwall)** English programs 613-930-4892 ext229 [www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)

- Balance for Life! Program – Level Two: 12 week program (2 sessions per week) including falls education. Level One is a prerequisite for this program. Program includes progressive intensity range of motion activities around major joints, upper and lower body muscles groups, with special focus on balance. Demonstration and practice of getting up from the floor.

**Centre de santé communautaire de l'Estrie** (Bourget, Crysler, Alexandria, Embrun, Cornwall) French and / or English programs [info@cscestrie.on.ca](mailto:info@cscestrie.on.ca) , [www.cscestrie.on.ca](http://www.cscestrie.on.ca)

- Get moving, for better balance: 12 weeks (2 sessions per week) including falls education modules and home exercises. 20 minutes of standing or chair cardiovascular exercises of light to moderate intensity including a progressive warm-up and cool-down. General strength training with emphasis on lower extremity, functional balance, general flexibility and range of motion exercises. Demonstration and practice of getting up from the floor.

**Carefor (Precott-Russell and Glengarry)** 613-632-0418 – Penny Décoste

- In-Home Exercise Program: is a volunteer-run initiative aimed at keeping seniors 55 and over in-shape through ten simple exercises. The workout ranges from simple walking to easy chair exercises. Our program is extremely affordable at only \$30 for 15 visits. Group exercises also available in Hawkesbury.

**Community Care Access Centre (CCAC) Programs**: 310-2222 to reach head office [www.champlainhealthline.ca](http://www.champlainhealthline.ca) Exercise classes drop in: Level 2: a 30 minute class sitting chair and standing exercise.

### **I have a LOW activity level**

**Seaway Valley Community Health Centre (SDG & City of Cornwall)** English programs 613-930-4892 ext229 [www.seawayvalleychc.ca](http://www.seawayvalleychc.ca)

- Balance for Life! Program – Level One: 12 week program (2 sessions per week) including falls education. Pre and post program assessment and consultation with a Falls Prevention Registered Nurse. Activities include light (progressing to moderate) intensity range of motion activities around major joints and lower body muscles groups, with special focus on balance. Demonstration and practice of getting up from the floor.

**Centre de santé communautaire de l'Estrie** (Bourget, Crysler, Alexandria, Embrun, Cornwall) French and / or English programs [info@cscestrie.on.ca](mailto:info@cscestrie.on.ca) , [www.cscestrie.on.ca](http://www.cscestrie.on.ca)

- Low activity level: STAND UP Program: 12 weeks (2 sessions per week) including falls education module and home exercises. Standing and chair exercises aiming leg strength, ankle flexibility, bone density and the capacity to get up from the ground.

**Carefor (Precott-Russell and Glengarry)** 613-632-0418 – Penny Décoste

- In-Home Exercise Program: is a volunteer-run initiative aimed at keeping seniors 55 and over in-shape through ten simple exercises. The workout ranges from simple walking to easy chair exercises. Our program is extremely affordable at only \$30 for 15 visits. Group exercises also available in Hawkesbury.

**Community Care Access Centre (CCAC) Programs**: 310-2222 to reach head office [www.champlainhealthline.ca](http://www.champlainhealthline.ca)

- Exercise classes drop in : Level 1: a 30 minute class sitting chair exercise and Level 2 : a 30 minute class sitting chair and standing exercise.
- Specialty classes, for example dementia, diabetes
- Physiotherapy: For those who are homebound or who are unable to receive therapy at a clinic. For example those have had a recent fall, mobility issues affecting day to day activities such as stairs getting dressed, transferring