PRACTITIONER’S DAY 2017
THE INJURY PREVENTION CENTRE

• Operating since 1998
• Centre within the U of A School of Public Health
• Evidence-based
• Backbone organization providing infrastructure for collective impact to build and sustain long term action on injury
• Focus on being a catalyst for action by supporting community and decision-makers with knowledge and tools
Seniors’ Falls Facts

1 OUT OF 3 CANADIANS OVER 65
WILL FALL AT LEAST ONCE A YEAR

1 OUT OF 2 CANADIANS OVER 80

FALLS COST ALBERTANS OVER $288 MILLION EVERY YEAR IN HOSPITAL ADMISSIONS

(Injury Prevention Centre. Seniors falls infographic 2016. Edmonton, AB: Injury Prevention Centre; 2016.)
FINDING BALANCE

• Developed in response to and with community stakeholders
• Evidence-based
• Targets community-living well seniors
• 10 years of continued development and refinement 3 key messages
  ▪ Stay active
  ▪ Review your medications
  ▪ Have your vision checked
FINDING BALANCE VIDEO

http://vimeo.com/235036542