

**North Simcoe Muskoka  
Integrated  
Regional  
Falls  
Program  
Bulletin**

**Premiere Edition  
October 2011**



**Keeping you Updated**

Did you know? The Canadian Diabetes Association has a Compassionate Use Program aimed at economically challenged Canadians who are unable to afford out-of-pocket costs for monitoring their blood glucose levels. Through this program, the Association is looking to distribute 4,901 free blood glucose monitoring kits across Canada. Visit [www.diabetes.ca/meter](http://www.diabetes.ca/meter) or call 1-800-BANTING (1-800-226-8464), (option 7) to request an application.

**Our Goal** is to promote a standardized regional approach to falls screening, assessment and management through collaboration and integration thus reducing the risk of falls and falls related injuries in seniors.

If a senior had a fall in the past 12 months, had a 'near' fall in the past 3 months or has a fear of falling, consider doing a **Timed Up and Go** test as follows:

Have client sit in a chair with arms. Ask them to stand up, walk 10 feet, turn around and sit back down. Time from moment client's bottom leaves the chair until client sits back down. (TUG time > 14 secs is high risk)

The **North Simcoe Muskoka Integrated Regional Falls Program (IRFP)** has seen over 2000 seniors in its first full year of operation. Our team of 7 full time and 11 part time staff has nurses and physiotherapists as well as administrative and rehabilitation assistants. We provide support in all Emergency departments across the region by doing risk screening for falls and intensive case management within the home. We also do screening clinics throughout the region for falls prevention and education for seniors and their families. Specialized assessment clinics offer the expertise of other health care professionals including geriatricians to help clients with complex medical issues. Education sessions by our team on fall prevention and assessment are also available to community groups and health care teams in Simcoe County and Muskoka.

**Upcoming  
Events**

**End Falls This Fall**

**October 18, 2011 8:00 am—3:30 pm**  
**Hawk Ridge Golf and Country Club in Orillia**  
Presented by Staying Independent Falls Prevention Coalition  
Contact Sarah at 705 721 7520 ext 7808  
or [sarah.orr-shaw@smdhu.org](mailto:sarah.orr-shaw@smdhu.org)

**Doing Things  
Differently in  
Dementia**

**October 26, 2011 8:00 am - 4:00 pm**  
**Hawk Ridge Golf and Country Club in Orillia**  
Presented by North Simcoe Muskoka Dementia Network  
Contact The Alzheimer Society at 705 722 1066

**Contact us through Central Intake and Triage 1 877 665 6065**  
**Orillia Soldiers Memorial Hospital 705 325 2201 ext 3851**