

**North Simcoe Muskoka  
Integrated Regional Falls Program  
Bulletin  
September 2012**



**Keeping you Updated**

**IRFP has a New Manager**

Ryan Miller comes to us with a variety of experience in health care management and leadership. Most recently she was involved in the LHIN's Senior Friendly Hospital Strategy. Welcome!

**NSM LHIN developing Regional Fall Strategy** In accordance with the Provincial Falls Framework, a more collaborative effort for falls prevention is being discussed with a variety of community partners on **Thurs Oct 25 (new date) at Helping Hands in Orillia 9AM—12 Noon.** If your organization is concerned about seniors' health care, please contact [Ligaya.byrch@lhins.on.ca](mailto:Ligaya.byrch@lhins.on.ca) and join us.

**Physio Corner**

**Exercise Guidelines to Prevent Falls (from Osteoporosis Canada)**

Type	Frequency	Intensity	Duration	Why?
<b>Aerobic (walking, dancing, unusual patterns of loading best!)</b>	3 - 5 days	Moderate to vigorous	20-60 min (broken into smaller chunks may be even more beneficial)	Endurance Maintain bone mass
<b>Strength (weights, tubing, body weight)</b>	2-3 days	8-12 repetitions	2-3 sets of 8-12 reps of all major muscle groups	Maintain bone mass Improve mobility
<b>Balance (challenging exercises)</b>	2-3 days	Static (beginner) Dynamic (advanced)	10-20 minutes	Reduce fall risk
<b>Safe Movement (awareness of position and posture)</b>	Every day!	Awareness and postural correction	Always!	Reduce compression and torsion forces on the spine

**Upcoming Events**

**Back to School for all of us!**

**September is Arthritis Month**

Plenty of events for education and participation  
[www.arthritis.ca](http://www.arthritis.ca)

**Oct 12 Ontario Network for Prevention of Elder Abuse**  
Intersection of Cognitive Impairment with Elder Abuse  
St Peter 's Hospital Hamilton [www.opnea.org](http://www.opnea.org)

**Oct 15 2012 Stroke Collaborative**  
Successful Transitions: The Key to Recovery  
Hilton Downtown Toronto Hotel [www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

**Nov 2 Gerontological Nursing Association of Ontario**  
Through Different Lenses Quality Hotel Oshawa  
[www.gnaontario.org](http://www.gnaontario.org)

**Nov 28 McMaster University Update in Geriatrics**  
Tipping Points: Landmark Advances & Cautionary Tales  
Hamilton Convention Centre [www.fhs.mcmaster.ca/conted](http://www.fhs.mcmaster.ca/conted)

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