



General Analysis

- ✓ Falls occur in >30% of age over 65 years in community
- ✓ Serious injury occurs in >20% of falls in older adults
- ✓ Most falls occur in and around the patient's home (this includes Long Term Care and Retirement Home residents)

Most Common Risk Factors that influence Falls in Seniors

- Environmental hazards (most common)
- Altered gait or balance
- Lower extremity Muscle Weakness
- Dizziness or Vertigo
- Syncope
- Postural Hypotension
- Decreased visual acuity
- Arthritis
- Dementia or Altered Level of Consciousness
- Major Depression
- Medication use (especially more than 4 medications)

Family Physiotherapy Centre's **Fall Prevention Program** addresses these risk factors within a multi-disciplinary approach whereby each of these risk factors is assessed and form part of our overall Fall Prevention Program.

Our Program was developed by Family Physiotherapy Centre's Clinical Management team and members of our **Programs of Care Advisory Board**. Notable contributions were made by:

Eric Heiden MSc.

Sensorimotor Neuroscience Laboratory
Mc Master University

Some relevant work and publication info:

- Part-Time Professor, School of Human Kinetics
University of Ottawa
- Heiden, E., Cluff, T., Richardson, B. & Balasubramaniam, R. (2009). Real-time feedback signal represents the underlying coordination mode of sit-to-stand. IEEE: Virtual Rehabilitation International Conference 2009, p.216.
- Heiden, E., Lajoie, Y., & Nativ, A. (2009). Games-based biofeedback training - applications in rehabilitation and fall prevention. IEEE: Virtual Rehabilitation International Conference 2009, p.215.
- Heiden, E., & Lajoie, Y. (manuscript in review) Games-based biofeedback and the attentional demands of balance in older adults. Aging Clinical and Experimental Research.
- **Paul Joseph PT** (Director of Professional Development FPC)
 - **Melanie Thompson PT** (Family Physiotherapy Centre Kanata Wellness Centre)

A copy of our official Fall Prevention Program can be requested by e-mailing fallprevention@familyphysio.com

