



Communiqué

Fall Prevention Month

November 25, 2016

Camborne, ON –Fall Prevention Month

Now in its second year, November is Falls Prevention Month in Ontario, and it takes a community to prevent a fall. 63 older adults are hospitalized in Ontario each day and falls to older adults accounted for \$1 Billion in direct health care costs. This all has very real quality of life impacts for people and their families.

Hamilton Township is trying to raise awareness of this important issue and share practical resources and information to prevent falls and fall-related injuries in older adults. We encourage all residents to be careful when you are out and around during this time of year. Very often when we are busy and we have a tendency to forget that walkways can become icy and slippery, especially with rapidly changing or fluctuating temperatures.

Safe Communities Northumberland County have issued a campaign to encourage Northumberland County residents with “Fall Prevention”. Fitness, use of Assistive Devices and looking for risk factors are just a few of the items on their checklist to help eliminate a fall.

Please view the following resources at “Falls Can Be Prevented”:

[http://northumberland.safecommunities.parachutecanada.org/files/Final - Falls prevention info sheet.pdf](http://northumberland.safecommunities.parachutecanada.org/files/Final_-_Falls_prevention_info_sheet.pdf)

and also at:

<http://fallpreventionmonth.ca>

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