

# BRAIN TALK

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**ANYONE CAN FALL — Prevent it from happening to you.**

**Injury** costs Canadians more than **heart disease and stroke**

\$26.8 BILLION



**INJURY**

**HEART DISEASE and STROKE**

## WHO IS IMPACTED MOST?

### CHILDREN

die most from



**crashes**

hospitalized most from



**falls**

### SENIORS

die and are hospitalized most from



**falls**

**In Saskatchewan falls are the top cause of injury hospitalizations and injury deaths. Most of these injuries can be prevented.**

Resources: <http://www.parachutecanada.org/costofinjury>

## TIPS TO PREVENT A FALL FROM HAPPENING TO YOU

### *Invest in Physical Activity*

- Regular activity helps maintain and/or improve balance, strength, and flexibility. Try activities such as walking, climbing stairs, exercise classes, golf or swimming.

### *Vision/Hearing/Medications*

- Have your vision and hearing checked regularly by a health care professional.
- Review medications regularly with a doctor/pharmacist.
- Wear your glasses or hearing aids if they are prescribed

### *Nutrition—Healthy Eating*

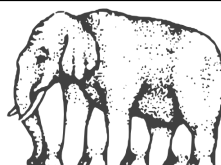
- Follow *Canada's Food Guide* and eat a balanced diet.

### *Home Modifications*

- Use lighting that does not create glares or shadows.
- Install firmly anchored handrails on both sides of the stairway that extend beyond the top & bottom of steps. Also use non-slip surface on stairs.
- Install grab bars around shower/bathtub & toilet.
- Ensure there are no trip-hazards, such as scatter mats or clutter.
- Keep outside steps/sidewalks clear & sanded/salted
- Use a walker or a cane if recommended by your health care team

Resources: <http://www.parachutecanada.org/programs/topic/C430>

**Do you see what I see?**



**IDEI**



**Saskatchewan North Acquired Brain Injury Outreach Team**  
..... A joint initiative of.....



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