

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

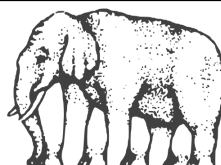
- Follow *Canada's Food Guide* and eat a balanced diet.

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.....



For more information please call: 1-306-765-6470 or visit www.abipartnership.sk.ca