

Falls Prevention by Design

*“It takes a community
to prevent
a fall”*



**Presented By: Southwest Falls
Prevention Network**

Friday June 4, 2010
Rotary Complex – Community Hall
353 McCarthy Road
Stratford, ON N5A 6W1
8:00am – 3:15pm
\$50/person (lunch included)

Please register by Friday May 28

8:00	Registration	
8:30	Welcome Mayor of Stratford	Dan Mathieson
8:45	Opening Keynote The CSI of a Fall	Aleksandra Zecevic PhD
9:45	BREAK	
10:00	Falls Prevention by Design Physical Space	Steven Jefferson
	Housing	Eric Vengroff
	Age Friendly Hamilton Initiative	Debbie Christie
		<i>(30 minute presentation; 20 minute discussion)</i>
12:00	LUNCH	
12:45	It Takes a Community to Prevent a Fall Grey Bruce Aging at Home Falls Prevention & Intervention Program	Lindsay Wonnacott
	Stay On Your Feet	Marguerite Thomas
	Regent Park – A Fresh Start for Community Housing	Gail Johnson
	Functional Fitness for Falls Prevention	Chelsie Free
		<i>(30 minutes each including questions)</i>
2:15	Closing Keynote The Boomer Tsunami	Judy Steed
3:00	Evaluations, door prizes, wrap-up	
3:15	ADJOURN	

Registration Form

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

FACILITY & TITLE: _____

Request Table for Display

Please register with Velma Hansford
before May 28, 2010.

Perth District Health Unit
c/o Velma Hansford
653 West Gore Street
Stratford, ON N5A 1L4

Ph: 519-271-7600 x 234
F: 519-271-2195
vhansford@pdhu.on.ca

Please send cheque with registration.
Make cheques payable to the:
Perth District Health Unit

Please place under memo:
Seniors Falls Symposium

****Registration Confirmed Upon Payment****

Guest Speakers

Aleksandra Zecevic

Opening Keynote – The CSI of a Fall

Dr. Aleksandra Zecevic is an Assistant Professor in the School of Health Studies, the Faculty of Health Sciences, at the University of Western Ontario. For 15 years she carried out research in biomechanics of sports, gait, balance and ergonomics. Since 2001 her focus shifted to aging, gerontology and, in particular, the study of falls among the elderly. She developed an innovative accident investigation methodology to investigate falls and guide prevention programs that will improve safety of seniors in community, hospitals and long term care homes. Dr. Zecevic is currently lead investigator on a CIHR-funded research project: *Development of knowledge translation strategies for removal of causes of falls, identified through Seniors Falls Investigative Methodology (SFIM), in hospitals and community.*

Steven Jefferson

Physical Space

MCIP, RPP. Partner, K. Smart Associates Limited, Kitchener. Steven has twenty years experience providing professional land use planning services for municipal and private landowner clients. Currently Chair of the Southwest Educational Trust Foundation, which is a non-profit organization that annually awards scholarships to students who attend University Planning programs within Southwest District.

Eric Vengroff

Housing

Eric has been involved with some of CARP's advocacy efforts in the area of seniors' housing. He helped to establish CARP's Affordable Housing Roundtable, sat on the Ontario Housing Supply Working Group committee at the Ontario Ministry of Municipal Affairs and Housing, and is still a member of the Special Needs Housing Committee of National Housing Research Committee of CMHC in Ottawa, and was a member of the Advisory Panel for Seniors Canada Online.

“Provide a forum for learning and knowledge translation addressing fall prevention for older adults utilizing current research examples of successful community implementation and advocacy strategies”

Debbie Christie

Age Friendly Hamilton Initiative

Debbie began her career in social work in the 1970's in Northern Manitoba in the Women's Shelter System in Public Education and as Shelter Coordinator. She has worked full time in Long Term Care and also in the Addictions field with older adults since the late 1980s. Debbie has focused her attention around healthy aging, promotion of lifestyles that enhance life as one ages and advocating for vulnerable older adults. Debbie started her position as Executive Director of the Hamilton Council on Aging, in December 2008 and is focusing her attention on ensuring Hamilton is an Age Friendly Community.

Marguerite Thomas

Stay On Your Feet

Marguerite Thomas is a graduate of Georgian College, Humber College and Ryerson University. Thomas has been a Public Health Nurse since 1987 and has worked in Injury Prevention since 1996. Thomas specialized in the Prevention of Falls in Older Adults at the Grey Bruce Health Unit from 2001-2008. During 2004-2005, Thomas was Program Coordinator for the "Stay on Your Feet" Falls Prevention in Older Adults rural demonstration project, funded by the Ontario Neurotrauma Foundation. Since August 2008, Thomas has been working as a consultant for the Ontario Neurotrauma Foundation and has worked to promote the Stay on Your Feet falls prevention model for falls prevention.

Lindsay Wonnacott

Grey Bruce Aging at Home Falls Prevention & Intervention Program

Lindsay Wonnacott is a Health Promoter at the Grey Bruce Health Unit in Owen Sound. Lindsay holds a Bachelor of Health Sciences degree from the University of Western Ontario and a Graduate Certificate in Health Promotion from the University of the Sunshine Coast, Australia. She is currently a Candidate for a Master of Public Health degree from the University of Alberta. Lindsay is the interim Coordinator for the Grey Bruce Falls Prevention and Intervention Program. In this role, she supports a continuum of initiatives designed to reduce falls and allow seniors to live healthy and independent lives.

Gail Johnson

Regent Park – A Fresh Start for Community Housing

Gail Johnson is the Manager of Community Health for the Seniors and Single Family Homes Directorate of Toronto Community Housing. The unit was formed in 2008 in recognition of the need to address the specific needs of seniors. Toronto Community Housing, the largest public housing provider in Canada provides rent-geared-to-income housing to 164 990 tenants, 26 000 of which are seniors.

Chelsie Free

Functional Fitness for Fall Prevention

Chelsie has been a member of the Canadian Centre for Activity and Aging (CCAA) team since May 2008 as a Kinesiologist and Leadership Training Educator. In addition to her leadership training role, she assists with teaching the CCAA's Kinesiology courses at the University of Western Ontario, along with overseeing the in-house programs that take place at the centre. As a certified Seniors Fitness Instructor and member of the Canadian Association on Gerontology, she is a strong advocate for the vast benefits of physical activity on healthy aging. She is very passionate about passing the knowledge that she has gained on to others, in the hope of promoting optimal fitness and functional independence within the older adult population.

Judy Steed

Closing Keynote – The Boomer Tsunami

An award winning journalist, author and activist focused on healthy aging. A feature writer at the Globe and Mail from 1981-89, and at the Toronto Star from 1989 to 2008, Judy is the recipient of four National Newspaper Award citations for feature writing. She was awarded the Atkinson Fellowship in Public Policy, which enabled her to study Aging for one year. She asked questions such as, Where are the best places in the world to grow old, and why? She travelled to Paris, Copenhagen, Stockholm and London. Her series, titled Boomer Tsunami, generated the biggest response of any Atkinson series in the history of the fellowship. Judy is a fitness instructor at the Metro Central YMCA, where she teaches yoga, Pilates and weight classes, as well as guided meditation and mindfulness.