

PRACTITIONERS' DAY

AGENDA

Date: November 14, 2018

Time: 8:30 am – 3:45 pm

A Foundation for Strength & Balance

Do you work with seniors and want to know more about preventing seniors' falls? Join us for a free, full-day of learning and networking.

- » Learn about specific types of strength and balance exercises that are proven to reduce falls risks.
- » Walk away with program examples and strategies to support older adults to maintain an active lifestyle.

Attend in-person at the University of Alberta, via telehealth, Skype®, or by phone.

To register, email injury.prevention@ahs.ca subject line: Practitioners' Day Registration.

Practitioners' Day Speakers and Agenda

8:30 am – 8:45 am

Welcome and Introductions

8:45 am – 9:00 am

Presenter: Emily Post, Lead, Practice Development, Community, Seniors, Additions and Mental Health Provincial Continuing Care Alberta Health Services

Presentation Title: Mobility Aid Decorating

Hosted in partnership by:

9:05 AM – 9:50 am

Presenter: Nora Johnston, Director, Alberta Centre for Active Living (ACAL)

Presentation Title: Supporting seniors to be physically active

Presentation Description: The Alberta Centre for Active Living (ACAL) is a knowledge translation unit at the University of Alberta. ACAL resources are developed to assist practitioners as they support Albertans in their efforts to be physically active. This session will review current resources available and provide an opportunity to provide suggestions for future materials.

10:00 am – 11:00 am

Presenter: Monica Morrison, Executive Director, Golden Circle Senior Resource Centre

Presentation Title: Move it or lose it.

Presentation Description: Move it or lose it will look at functional mobility and the components that are relevant for falls prevention. The Golden Circle Senior Resource Centre provides programs that promote movement, and explain how movement contributes to the overall well-being of older adults.

11:15 am – 12:15 pm

Presenter: Kathryn Coutts, Senior Advisor, Access Improvement Measures (AIM) Alberta

Presentation Title: Behaviour change pathway that individuals go through and that practitioner would benefit from considering when encouraging exercise for preventing falls

Presentation Description: What does a client need in order to engage in activities that will improve their balance, strength and safety? And what can providers do to meet those needs and make it more likely that clients will take action? HealthChange® Methodology is a person-centred service delivery model for health providers, teams and programs. It promotes behavior change, self-management and shared decision-making between provider and patient. It aligns with and can help operationalize the AHS Patient First Strategy. This presentation will introduce you to a few key components of the methodology that help providers build client readiness and have effective conversations to support change.

LUNCH BREAK 12:15 pm – 1:10 pm

Hosted in partnership by:

1:15 PM – 2:15PM

Presenter: Lesley McEwan, Executive Director, Physical Culture Association of Alberta

Presentation Title: Challenging Balance and Building Strength the Bender Ball Way!

Presentation Description: This FUNctional Bender Ball session will take you through a series of movements specific to older adults focusing on:

- » Core strength incorporating proper form and alignment
- » Overall strength and balance training
- » Modifications considering special conditions
- » Power of breath
- » Increased Range of Motion recommendations
- » Opportunity to network and share

2:30 PM – 3:30 PM

Presenters: Deanna Trzeciakowski, Kinesiologist, Healthy Living Centre

Katherine Gagnon, Community Health Facilitator, Central Zone Public Health

Presentation Title: Using Telehealth to Eliminate Barriers to Falls Prevention Education

Presentation Description: *Balance and Mobility* is a new Falls Prevention program that was launched across Flagstaff County in September 2018. This presentation outlines the research, development and lessons learned from developing and implementing a comprehensive 8-week falls prevention program incorporating both in-person supervised exercise sessions and Telehealth as modes of delivery across 6 rural communities in Flagstaff County. The mode of delivery was inspired in an effort to improve the availability of falls prevention education for persons living in outlying rural communities in order to address the concern of the rising rate of falls amongst seniors in Alberta.

3:30PM -3:45PM – Closing Remarks

Closing Remarks

Survey & Feedback