

Finding Balance Tote Bin Inventory

Items included in tote bin:

- Resource binder
- Laminated copies of 21 selected binder resources
- Empty bottle of Vitamin D
- Ice pick cane tip attachment
- Ice grippers (for bottom of winter boots)
- Sample of ideal shoe (boot, slipper, or shoe) that includes good tread and low heel
- Indoor and/or outdoor motion sensitive light
- Long shoe horn
- Non-slip sock
- Hand held reacher
- Bath/shower mat with suction cups
- Resistance band
- Night light (e.g. wall outlet plug in)
- Pill organizer

Resources included in binder:

Order the following print resources online at: <https://findingbalancealberta.ca/resource-catalogue>

1. *Finding Balance* Brochure (Updated 2019) - Available in FRENCH
2. Falls Risk Self-Assessment Checklist - PAMPHLET (Updated 2019) - Available in FRENCH
3. Falls Risk Self-Assessment Checklist - POSTER
4. Everyday Exercises for Older Adults - POSTER - Available in FRENCH
5. Be Active - Warming Up For Your Daily Life - POSTER (Binder pocket)
6. Band Exercises for Older Adults: Using Resistance to Build Strength and Prevent Falls - BOOKLET

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7. Challenge Your Balance & Build Strength Information Sheet
8. Be Active Information Sheet
9. Live Well Guidebook
10. Activity Calendar
11. Activity Tracker
12. Review Your Medications Information Sheet
13. Have Your Vision Checked Information Sheet
14. Getting Around In Your Home Information Sheet
15. Getting Around In Your Community Information Sheet
16. Footwear & Foot care Tips for Seniors and The Ideal Shoe Information Sheet
17. Walking Safely In Winter Information Sheet
18. Getting a Good Night's Sleep Information Sheet
19. Nutrition Tips for Seniors Information Sheet
20. How to Get Up from the Floor – Available in 15 different languages including English, French, Traditional Chinese, Simplified Chinese, Cree - Plains (dialect Y), Korean, Polish, Punjabi, Russian, Serbian, Croatian, Spanish, Tagalog, Urdu, and Vietnamese
21. Fall Facts: Data Infographic
22. Traumatic Brain Injury Facts: Data Infographic