

BACKGROUNDER

What is Finding Balance?

Finding Balance is a seniors' falls prevention campaign developed and promoted by the Injury Prevention Centre, University of Alberta in partnership with Alberta Health Services and with guidance from the steering committee, healthcare practitioners, and community groups.

While there are many factors that cause seniors to fall, the good news is there are actions that seniors can take to prevent a fall.

To prevent falls seniors should:

Challenge Their Balance

- » Do movements like reaching while standing, toe and heel raises, stepping in different directions, step-ups or half-squats.
- » Try tai chi, yoga or sports that challenge their balance

Build Strength

- » Do exercises for their leg muscles.
- » Use bands, weights or their own body weight.
- » Try squats, hamstring curls, and side leg lifts

Be Active

- » Do activities they enjoy!
- » Try to do 30 minutes or more of moderate to vigorous activity or exercise at least 5 times per week.
- » Walk, dance, garden, bicycle, or swim.

Older adults can find out if they are at risk of falling by completing the [Finding Balance Falls Self-Assessment Checklist](#).

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Seniors can also work with their healthcare provider to identify factors that may put them at risk for a fall. They can also take actions to reduce their risk.

Have their vision checked every year for changes to your eyesight, cataracts, and other conditions.

Review their medications with a doctor or pharmacist. Medications for sleep, anxiety, and treating depression can make you dizzy or sleepy and unstable on your feet.

Wear supportive footwear and in the winter, wear anti-slip devices on your footwear.

Make their home safer by removing tripping hazards and improve lighting. An occupational therapist can help.

November is Falls Prevention Month. It is a time to raise awareness about falls prevention and injuries among older adults and to encourage leadership and collaboration among health professionals, communities, and families in support of seniors' health.

Join in the campaign and find *Finding Balance* on Facebook and [@StopFalls](#) on Twitter, or follow the hashtags [#PreventFalls2023](#) [#BeActive](#) and [#BuildStrength](#).

More resources on fall prevention

Visit the *Finding Balance* Website for FREE downloadable resources. Many resources such as, *Could a fall change your lifestyle?* *Finding Balance* Brochure, *Keeping Well for Older Adults* Booklet are also printed and available to order through the resource order form.

Some of the resources have been translated into multiple languages! How can I learn more about *Finding Balance*?

Visit <https://www.findingbalancealberta.ca> for more information, free shareable resources, and to learn more about the program and how to become involved in the campaign.