

Resource Binder 2019 List of Materials

The resources in this binder support the *Finding Balance* falls prevention program and campaign for older adults.

Contact the IPC to order these print resources:

1. *Finding Balance* Brochure (Updated 2019)
2. Everyday Exercises for Older Adults - POSTER
3. Falls Risk Self-Assessment Checklist - PAMPHLET (Updated 2019)
4. Falls Risk Self-Assessment Checklist - POSTER

Download the following resources from the *Finding Balance* website at:
findingbalancealberta.ca/resource-catalogue

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