

City of Kawartha Lakes

Family Health Team



*Seniors Safety and
Falls Prevention*

www.cklfamilyhealthteam.com

705.328.9853

Seniors Safety and Fall Prevention

The Seniors Safety and Falls Prevention program is group education to prevent falls and increase seniors' ability to live independently.

The goals of the program are to:

- increase your confidence in your daily activities;
- help reduce your risk of falling and number of falls;
- help you regain or maintain your independence; and
- increase awareness of risk factors for falling and assisting you to make any changes needed.

This program is run by our team's occupational therapist.

Topics of the group education sessions will include:

- home safety;
- household modifications for safe, independent living;
- balance and mobility;
- using mobility aids;
- energy conservation and pacing;
- exercise and staying active;
- lifestyle changes; and
- footwear.

Sessions will be advertised at your family doctor or nurse practitioner's office, held in Fenelon Falls, Lindsay, Little Britain and Omemece.

Ask your family doctor or nurse practitioner if the Seniors Safety and Falls Prevention program may be right for you...

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