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Campbellford Memorial Hospital Launches Community Falls Prevention Program

NEWS:

Campbellford Memorial Hospital (CMH) is launching a Falls Prevention Program for people who are interested in getting information that will help prevent a fall at home or in the community. CMH's Physiotherapy Team will provide participants with the information and techniques to help older adults lead a safer, injury-free life.

The program is 12 weeks long and includes balance and strengthening exercises. Additionally, during this time participants will be provided with information on various topics, such as:

- Impact of Falls Injuries, Fear of Falling Goals
- Home Safety
- Nutrition
- Community Resources
- Assistive Devices
- Bone Health
- Vision/Hearing
- Medications
- Chronic Conditions
- Footwear/Foot Care, and
- Risk Taking Behaviour

If you, or someone you know, may benefit from this program, contact CMH at (705) 653-1140 ext. 2216. Please leave a message and a hospital representative will get back to you.

QUOTE:

"At Campbellford Memorial Hospital, we have considerable experience delivering care to older adults and we currently have a falls prevention program as part of our senior friendly initiatives for patients under care at the hospital. Our new community outreach falls prevention program gives us an opportunity to extend our expertise out into the community and share information with older adults before they experience a fall that may result in injury and a need for hospital care." **Kerry Shudall, Clinical Service Manager, Campbellford Memorial Hospital**

QUICK FACTS:

- As people grow older, they are increasingly at risk of falling and consequent injury. A fall may be the first indication of an undetected illness. Many people who fall suffer injuries that reduce their mobility and independence and increase their risk of premature death.



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- Campbellford Memorial Hospital is one of nine hospitals in the Central East LHIN working together to improve the health and well-being, as well as the care experience, of seniors while in the hospital as part of a Senior Friendly Initiatives project of Seniors Care Network. Care seniors receive while in a hospital, and the hospital experience itself, can impact their health and well-being. The Working Group is focused on improving seniors' health and well-being by taking steps to reduce the possibility of physical and mental decline while receiving care in hospital. A senior friendly hospital is one in which the environment, organizational culture, and ways of care-giving accommodate and respond to seniors' physical and cognitive needs, promote good health (e.g. nutrition and functional activity), maximize safety (e.g. preventing adverse events like a fall), and involve patients – along with families and caregivers – to be full participants in their care. The aim is to enable seniors to maintain optimal health while they are hospitalized so that they can return home or transition to the next level of care that best meets their needs.
 - Campbellford Memorial Hospital uses assessment tools like the Barthel Tool for Functional Decline to ensure elderly patients at risk of falling get the most appropriate care.
 - The hospital is partnering with Peterborough Regional Health Centre to offer area patients access to the Geriatric Assessment and Intervention Network (GAIN). A program of Seniors Care Network, GAIN teams provide specialized care to support frail older adults living at home, including retirement residences with multiple complex medical problems including cognitive impairment, decreased function, falls or risk of falls, impaired mobility, incontinence and/or multiple medications. Frail older adults experiencing changes in support needs, safety concerns, psychological and mental health concerns or frequent health service usage will benefit from the services offered by their local GAIN team.
 - CMH launched its Restorative Care program in 2012, thanks to funding received from the Central East LHIN in 2011. Our Assess and Restore Program includes specially trained nurses, physiotherapists, and a recreational therapist. The hospital is partnering with Central East Community Care Access Centre and Community Care Northumberland to ensure that patients are linked to services in the community to support their return home.
 - CMH is a participant in the Home First initiative. Home First is a proven and effective model of care that is being delivered in hospitals across Ontario. Studies have shown that extended periods of time in hospital can have significant negative consequences on patients. The primary objective for the successful implementation of the Home First philosophy is to create conditions which allow patients to be returned to their community. Our Discharge Team includes a pharmacist, dietician, Community Care Access Centre representative, and a physiotherapist to ensure patients and their families have the documents and support they need including medication management, dietary counseling, community support and daily activity to transition safely from hospital to home and reduce hospital readmission. Early engagement ensures that



the patient and family will have the best opportunity to be active participants in the discharge planning process.

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For more information, please contact:

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