

NEWS RELEASE

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LEARN TO MANAGE YOUR MEDICATION AND STAY ON YOUR FEET

NORTH BAY, ON – The North Bay Parry Sound District Health Unit and the Stay On Your Feet Nipissing Coalition want to inform older adults about fall prevention and the role their medication may play in a fall. Medications can affect you differently as you age – they can relax you, change your mood, or make you sleepy – which can increase your risk of falling. As people age, they should take preventative measures to decrease their risk of falling, and learning to manage medication is a very important step.

“Though medications can help older adults improve or maintain their health, when not managed properly, they can play a role in an injury resulting from a fall,” says Fran Laframboise, Public Health Nurse. “This Fall Prevention Month, we’re putting on an event where older adults can learn about medication management while socializing, being entertained and enjoying a free lunch!”

The Medication Management Workshop will be held at the Davedi Club in North Bay on November 15th from 10:30 am to 3:00 pm. A local pharmacist will be on hand to speak about medications, how they relate to older adults, as well as answer questions. The North Bay Rising Stars will perform and Dave Palangio, a local artist who has sketched drawings for a free *Stay On Your Feet* calendar, will be present to sign copies of the calendar.

Falls are not a normal part of aging. They are predictable and can be prevented. We encourage older adults to join us, to learn how to prevent falling and stay on their feet. Please RSVP by calling 705-474-1400 ext. 2306 by November 8, 2017.

Quick Facts

- Fall Prevention Month is an annual campaign with the goal of promoting and coordinating fall prevention efforts for a large impact.
- Falls are the leading cause of injury among older adults.
- Falls cause 85% of seniors’ injury-related hospitalizations and 95% of all hip fractures.
- 50% of falls happen in and around the home.
- The average Canadian older adult stays in hospital 10 days longer for falls than for any other cause.
- Falls in older adults account for \$2 billion in direct health care costs annually.
- Over 1/3 of older adults will be admitted to long-term care after hospitalization for a fall.

Media Inquiries

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