

# WHICH EXERCISE PROGRAM IS BEST FOR ME?

Are you an older adult living in Renfrew County and District?


If yes, we have exercise programs that can help to build your strength and balance, which can help prevent falls.

- I have few worries about my balance
- I am able to exercise at least twice/week which includes:
  - ✓ Getting stronger
  - ✓ Improving my balance and flexibility
  - ✓ Increasing my endurance activities that increase my heart rate ( such as a brisk walk)

Goal – To maintain or improve fitness level

I have a HIGH activity level (Level 5)

## Community/Municipal Exercise Programs

- Call 211/www.211ontario.ca and ask for a level 5 exercise program
- or
- Visit [www.champlainhealthline.ca](http://www.champlainhealthline.ca)
- Click 
- Scroll to the very bottom of the page
- Click Renfrew County –WHICH EXERCISE PROGRAM IS BEST FOR ME?
- Look for a GREEN LEVEL 5 exercise

- I am worried about my balance
- I can do all of the following:
  - ✓ Stand on one leg for 2 seconds
  - ✓ Climb 10 stairs
  - ✓ Stand for 20 minutes
  - ✓ Walk 1 block without losing my breath or sitting down


Goal – To improve strength and balance, so I can move around more easily

I have a MEDIUM activity level (Level 4)

Check your risk of falls by completing the *Staying Independent Checklist* on the back of this sheet

## Falls Prevention Programs-Stand Up!

Stand Up! is a free, evidence-based exercise program.

- Call the Renfrew County and District Active Aging Network for more information (613-735-8651 ext. 516 or 1-800-267-1097 ext. 516).
- or
- Visit [www.champlainhealthline.ca](http://www.champlainhealthline.ca)
- Click 
- Scroll to the very bottom of the page
- Click Renfrew County –WHICH EXERCISE PROGRAM IS BEST FOR ME?
- Look for a YELLOW LEVEL 4 exercise program

- I am afraid of falling
- I have difficulty with:
  - ✓ My balance
  - ✓ Getting out of a chair
  - ✓ Walking (I may need a walking aid like a cane or a walker)


Goal – To be more mobile, steady and able to be more independent.

I have a LOW activity level (Level 1,2 or 3)

Talk to your family doctor

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## Exercise Programs

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- Scroll to the very bottom of the page
- Click Renfrew County –WHICH EXERCISE PROGRAM IS BEST FOR ME?
- Look for a PINK LEVEL 1,2 or 3 exercise program

# Staying Independent

*Falls are the main reason why older people lose their independence.*



## Are you at risk?

For more information on exercise and falls prevention programs, contact Champlain CCAC (613 310-2222 or [champlainhealthline.ca](http://champlainhealthline.ca))

This initiative is sponsored by the Champlain Local Health Integration Network and the four regional health units.



## Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.

Why it matters

Yes (2)	No (0)	I have fallen in the last 6 months.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicine can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
<b>TOTAL _____</b>		<b>Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor or health care practitioner.</b>	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. *J Safety Res*; vol. 42, n°6, 2011, p. 493-499). Adapted with permission of the authors.

### NOTES

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Primary Care Providers: For more information about the Champlain Falls Prevention Strategy, the Staying Independent Checklist, and the clinical algorithm go to: [stopfalls.ca](http://stopfalls.ca)