

Falls Injury Prevention: List of Resources

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Recommended Websites

Active Independent Aging

<http://www.falls-chutes.com/guide/english/falls/index.html>

- A community guide for falls prevention and active living
- Included facts about falls, reducing your risk of falling, and reducing barriers
- Learn what your organization can do
- Utilize the links provided to other informative resources
- Information on offered programs is included as well as purchased

Active Living Coalition for Older Adults (Canada)

<http://www.alcoa.ca>

- Organizations that strive to promote a society where all older Canadians are leading active lifestyles that contribute to their overall wellbeing
- They encourage older Canadians to *maintain and enhance their wellbeing and independence through a lifestyle that embraces physical activity and active living*
- Membership and contact information
- Information on numerous projects and a survey that asks you opinion on how to improve programs for active living
- Active living and how to get involved
- Access to newsletters and current research
- Links to other useful websites

ActNowBC

British Columbia Ministry of Health

www.actnowbc.ca

- A useful resource for seniors about healthy living
- Outlines healthy living programs occurring throughout BC
- Includes an individual link for seniors
- Seniors can learn to stay active, eat healthy and become apart of events
- Includes informative links for seniors to: Canada's Physical Activity Guide for Older Adults, BC Recreation and Parks Association Walking Program Resources, and Canadian Health Network
- The website allows seniors to print off different chapters to *Healthy Eating for Seniors* for free
- Includes links associated with maintaining a healthy diet which include recipes for one or two

Arthritis Society

Tel: 1-800-321-1433

<http://www.arthritis.ca>

The Arthritis Society offers the following programs:

Twinges n' Hinges

- Recreational water exercise program conducted in a heated pool
- Provides an opportunity for people with Arthritis to meet other and have fun
- Led by trained personnel through a series of specially designed exercises with aid of water's buoyancy and resistance can help improve joint flexibility
- Warm water and gentle movements also relieve pain and stiffness
- Offered in Saskatoon and Regina locations
- Contact The Arthritis Society for more information on training or to start a program in your area

Arthritis Self-Management Program

- A health promotion program designed to help you better understand your arthritis
- Learn new information and skills
- Discuss new ideas and share experiences
- Participants report less pain, are better able to move around, have a better understanding of arthritis and are more active in managing their arthritis

British Columbia Falls and Injury Prevention Coalition

Injury Research and Prevention Unit

www.injuryresearch.bc.ca

- Emphasizes that injuries are predictable and preventable
- The Injury Research and Prevention Unit's mission is to: *Reduce the societal and economic burden of injury among all age groups in British Columbia.*
- The website offers information on injury topics and injury prevention conferences
- Brochures are available online for individuals interested

Canada's Occupational Therapy Resource site

<http://www.otworks.com>

- Information about occupational therapy services and how they can help you
- "Ask an OT" any questions you may have, additional answers about driver rehabilitation, managing pain, recovering from a brain injury and mental health
- Technology for living well – people who have trouble with certain tasks and daily activities can find help through technology and occupational therapy
- Research supporting the effectiveness of Occupational Therapy services
- Click *Tools for Living Well* – includes assistive devices such as canes, bath safety devices, and hip protectors

- Learn about how to receive funding for home modifications for seniors and veterans
- Pamphlets are available

Canada's Physical Activity Guide/Handbook to Healthy Active Living for Older Adults

<http://www.phac-aspc.gc.ca/pau-uap/paguide/older/index.html>

- Copies available to order online
- Benefits, motivational tips and resources
- Considerations for chronic conditions
- Calendar to keep track of daily activity

Canadian Arthritis Society

<http://www.arthritis.ca/>

- Information about Arthritis and the society
- Lifestyle challenge – a four-week program that encourages Canadians to become more active and eat healthier to delay the onset and reduce the pain and stiffness of osteoarthritis

The Canadian Red Cross Society

Link to Health

www.redcross.ca

The Canadian Red Cross Society is a non-profit organization dedicated to improve the situation of the most vulnerable individuals in Canada and around the world.

- The Canadian Red Cross Society works to increase individuals personal health
- This website includes activities that physically, socially and emotionally help older adults
- Volunteers are a major contributing factor to the life of the society
- The society works all around the world in efforts to prevent the death of innocent bystanders
- They are involved in many injury prevention efforts such as: disaster management, international operations and homecare services

Centers for Disease Control and Prevention (Department for Health and Human Services)

www.cdc.gov/ncipc/factsheet/adultfalls.htm

- Information on fact sheets give an overview of the problem of falls among older adults
- The Administration on Aging offers falls prevention program:

Matter of Balance

- A program designed to reduce the fear of falling, increase self efficacy and a sense of control in relation to fall risk
- It increases physical and social activity

- The Administration on Aging has also developed other programs: *Moving for Better Balance*, *Stepping On* and *Tai Chi*

Fall Prevention Center of Excellence

http://www.stopfalls.org/individuals_families/index.shtml

- Located in California, United States
- It includes a directory of fall prevention programs and a calendar that summarizes presentations regarding fall prevention
- It was created to ‘*Provide leadership, create new knowledge, improve practice and develop sustainable fall prevention programs*’

The First Step: Fall Prevention Starts with You Prince Albert/Parkland Region Program

www.paphr.sk.ca

- In Saskatchewan, injuries resulting from falls are the leading cause of admission to hospitals because of injury
- This program is designed to reduce the risk of falling among the older adult population
- It outlines what to do if you fall, where to go to receive more information on how to reduce your risk, and who to phone for information and for help when needed
- Lists of healthcare facilities, homecare offices, physical and occupational therapy services, wellness clinics, services and seniors clubs are all located on the website

Health Canada

www.hc-sc.gc.ca

- Click on Seniors and Aging
- Information on how to prevent falls in and around your home
- Lists factors that contribute to falling
- Learn how to minimize your risk of falling
- Learn to protect yourself by fall-proofing your home
- Information on healthy eating, keeping fit, medication use and using safety aids is also found

Heart and Stroke Foundation of Saskatchewan

Tel: 1-800-473-4636

Email: heart.stroke@hsf.sk.ca

<http://www.heartandstroke.sk.ca>

- A volunteer-based health charity which leads in eliminating heart disease and stroke and to reduce their impact through research, promoting healthy living and advocacy
- Variety of print and audio-visual resources available

The Heart and Stroke Foundation of Saskatchewan offers the following programs:

Heart to Heart™

- The Heart to Heart™ program is an education and support program developed by the Heart and Stroke Foundation for heart event survivors and their spouses/caregivers
- Provides an opportunity to ask questions, share ideas, and begin to put the pieces back together

Living With Stroke™

- The Living With Stroke™ program is an education and support program developed by the Heart and Stroke Foundation for stroke survivors and their spouses/caregivers
- Provides an opportunity to ask questions, share ideas, and begin to put the pieces back together

For more information on Heart to Heart and Living With Stroke programs nearest you call 306-244-2124.

***in motion* (Saskatoon)**

<http://www.in-motion.ca/older/> (Saskatoon Health Region)

- Benefits, fit facts, and great ideas to get active
- Merchandise
- A walking workout including self assessment, walking tips, proper technique and footwear
- A fitness plan and online journal
- Frequently asked questions about starting a older adult physical activity group in your community/facility
- Links to other useful websites

Lifeline Saskatchewan

<http://www.lifeline.ca>

- Lifeline is a personal response service that ensures prompt help is available at the press of a button 24 hours a day, 365 days a year
- Lifeline with reminders can help you manage different aspects of your care plan such as medications, diet, exercise and keeping track of appointments
- Go to <http://lifeline.ca/pdf/fitness.pdf> for more great exercises related to fall prevention, examples for both sitting and standing positions

Live Well with Chronic Conditions

Tel: Saskatoon 306-655-4437

Humboldt 306-682-8176

Healthline 1-877-800-0002

- No cost to the program and receive free copy of book
- Provides practical suggestions and support, which builds confidence in coping with the everyday challenges of a chronic condition

- For caregivers and/or individuals with condition such as: chronic pain, arthritis, diabetes, heart disease, chronic lung disease, Parkinson's disease, stroke, spinal cord injuries, osteoporosis, multiple sclerosis, kidney disease
- Learn to take control of your illness, self management skills such as symptom management, communication skills, relaxation techniques, goal setting and problem solving
- Classes are fun and practical
- Programs are conducted on a needs bases, so call the Saskatoon number above for information on how to get classes started in you area

Mayo Clinic

<http://www.mayoclinic.com/>

- Click on healthy living to find list including fitness, food & nutrition, healthy recipes, quit smoking, senior health and more

Osteoporosis Society of Canada

<http://www.osteoporosis.ca/>

- Information about prevention, diagnosis and treatment of osteoporosis, frequently asked questions and links to other websites
- Online ordering for fact sheets, brochures, books, DVD's, free samples and more
- Programs and resources include a bilingual toll free information line, listing of local support and self help groups, calendar of public education events
- Fabulous for life calendar – features women and men who have not “surrendered” to their osteoporosis

The Osteoporosis Society of Canada offers *The Break Through Program*:

- This program is located in Ontario
- It is designed for adults ages 50+
- Information about bone health and importance of diet
- Proper nutrition and physical activity is emphasized in reducing the risk of osteoporosis and preventing falls

For more information on osteoporosis and obtaining brochures, pamphlets and fact sheets you can call Osteoporosis Canada at 1-800-463-6842

Physical Activity Resources for Older Adults

City of Ottawa

http://www.ottawa.ca/residents/health/living/activity/older/resources_en.html

- Excellent website that lists products useful to older adults
- This website includes: exercise programs, exercise cassettes, exercise DVD's and videos, exercise guides, web-based exercise programs, active living websites and healthy eating resources

Preventing Falls Together

<http://www.nscommunitylinks.ca/preventfalls.php>

- Provincial model supporting local coalitions in Nova Scotia, Canada
- This website is a program of community links
- Their goal is to reduce the rate of falling among seniors by developing and supporting regional coalitions of representatives of organizations and groups that work with and for seniors across Nova Scotia
- These members work together to identify and implement falls prevention projects to address personal and environmental risk factors in the community
- They also incorporate falls prevention into the policies, programs and activities of their organizations and businesses

ProFaNE

Prevention of Falls Network Europe

<http://www.profane.eu.org/>

- The networks goal is to bring together workers from around Europe to focus on a series of tasks required to develop multi-factorial prevention programmes aimed at reducing falls and fractures among the elderly
- It's compiled of healthcare practitioners, researchers and public health specialists dedicated to the prevention of falls in Europe and beyond
- Click the link 'Latest Resources'
- This website includes new resources that are posted frequently regarding fall prevention

Public Health Agency of Canada

The Division of Aging and Seniors

<http://www.phac-aspc.gc.ca/seniors-aines/>

- Provides federal leadership on health issues related to aging and seniors
- Serves as a focal point for information and centre of expertise in aging and seniors
- Provides advice and supports policy development
- Encourages seniors health promotion, harmful risk reduction and the prevention of injuries
- Promotes the meaningful participation of seniors in federal decisions and activities that affect them
- Informative reading material

Safer Healthcare Now

www.saferhealthcarenow.ca

Safer Healthcare Now campaign was launched in April of 2005. It's goal is to improve healthcare delivery by focusing on patients and their safety while in care of health providers. It is also aimed at reducing the number of injuries and deaths related to adverse events such as infections and medication incidents.

- Click on *Targeted Interventions*

- Click on *Falls*
- Informative data collection and falls resources
- Videos and measurement worksheets are available

Safe Saskatchewan

http://www.safesask.com/html/facts/older_persons/index.cfm

- A seniors falls injury prevention strategy
- They develop and implement a strategy to reduce the number of hospitalizations related to seniors falls by 10%, by December 31, 2013
- When entering the website click *Cold Hard Facts* then on *Seniors*
- Once you enter the seniors page, the top 10 tips to reduce your chance of falling is located there

Saskatchewan Physiotherapy association

<http://www.saskphysio.org/>

- Includes information about Physiotherapy and how to access services
- *'Find a physio'* database to find a Physiotherapist near you

Veteran Affairs Canada

Health Promotion – Falls Prevention Initiative

www.vac-acc.gc.ca

- Informative website that promotes falls awareness and how you can prevent falls
- Helps older individuals step forward with confidence
- Includes falls fact sheets, information on assistive devices and contact information if more information is needed about falls prevention
- Brochures are available

Programs

Fall Proof! By Debra J. Rose

<http://www.exrx.net/Store/HK/Fallproof.html>

- A comprehensive balance and mobility training program
- *A multi-dimensional approach that systematically manipulates the individual's internal capabilities, the goals of the task being performed and the environment in which the task is performed*
- Has been field tested with considerable success
- *Fall Proof!* is flexible, provides guidance and supplemental materials and has been proven to reduce the risk of falls
- Written for activity directors and administrators of senior fitness centers, fitness instructors working with older adults, physical, occupational and recreational therapists

HSEP: Home Support Exercise Program developed by the Canadian Centre for Activity and Aging

<http://www.geriatricsandaging.ca/PDF/PDFJuly2003/0607homesupport.pdf>

- A program designed for older adults who may be considered home bound and at risk for significant functional decline
- It consists of 10 progressive exercises that are to be completed daily
- This program is to help maintain functional independence during activities of daily living
- It helps increase muscular strength, flexibility and balance
- Price: Video: \$30.00, Training Package (which includes a video, resource manual, facilitator guide and picture package): \$200.00, Additional Resource Manual: \$30.00 and Facilitator Guide: \$40.00
- All can be purchased directly from CCAA: 519-661-1603

Learn Not to Fall by Philips Lifeline

www.learnnottofall.com

Philips Lifeline, *Learn Not to Fall* program helps remove hazardous blocks one by one to lower your risk of falling.

- Online course in fall prevention
- Information about medical conditions, medications, strength and balance and reducing falling risk factors in your home environment
- Pictures detailing and outlining risk factors associated with falls and where devices can be used to prevent harm are present
- Facts on falling and the fear of falling
- How often, Where and Why seniors fall
- What to do if you fall – Learn how to get up and how to call for help

Otago Exercise Program developed by Otago University Medical School

New Zealand

<http://www.acc.co.nz/injury-prevention/home-safety/older-adults/otago-exercise-programme/index.htm>

- This program was designed specifically to prevent falls
- It is a progressive home exercise programme that includes strengthening and balance exercises
- This program is only available in manual form
- The manual can be purchased off the website by downloading an order form
- Price: \$60.00 NZ and only bank drafts or international money orders will be accepted

Positive Steps incorporated by Regina Qu'Appelle Health Region Falls Prevention and Exercise Program

Tel: 306-766-7731

www.rqhealth.ca/programs/comm_hlth_services/pubhealth/positive_steps.shtml

- This program is designed to introduce and lead older adults through an exercise program as a way to prevent falls that lead to serious injury

- The program is available in book form, on video and on audio cassette
- The 50 page handbook includes:
 - Part One - examines factors that increase the risk of falling and discusses how to reduce them
 - Part Two – includes an exercise program that encompasses stretching & strengthening activities and warm-up exercises. Photos and descriptions of all exercises as well as safety tips and general exercise information included.
 - A check list of how to ‘fall proof’ your home is also included within the book
 - Can be used alone or along with the video or audio cassette
- Video cassette of *Positive Steps* exercise program:
 - A series of exercises arranged in three levels of difficulty: beginner, intermediate, and advanced
 - Intended for use in the individuals own home and in small groups
 - It focuses on stretching, strengthening and developing balance
- Audio cassette of *Positive Steps* exercise program:
 - Includes three audio tapes; One for each level of the program
 - These tapes must be used in conjunction with the handbook
- Positive Steps Video + Handbook = \$15.00
 Positive Steps Audio cassette + Handbook = \$15.00
 Positive Steps Handbook = \$3.00

* The Handbook is free to all residents of Regina Qu’Appelle Health Region

***Smart Moves* by SMARTRISK**

www.smartrisk.ca

www.timeforaction.ca

- Information on falls prevention for older adults
- Strength, balance and flexibility poster included with instructions and demonstrative drawings
- Information on bone health, the importance of exercise, correct use of medications, what to do if you fall, risk hazards in the home and public places
- This program will reduce your risk of falling while continuing to lead a full and active life
- Find out why falls happen and assess your own risk
- Each section of the book offers contact information of who can help and where to find out more about fall prevention

SMARTRISK is a national organization dedicated to preventing injuries among all Canadians.

Smart Moves can be purchased at www.lulu.com/content/252763 for only \$20 CND, is available to be downloaded from the website to your printer for only \$5 CDN and can also be purchased from SMARTRISK for \$15 plus tax. Orders can only be faxed or mailed when purchased from SMARTRISK.

Steady As You Go by Capital Health Authority

Regional Public Health, Edmonton, Alberta

<http://www.falls->

[chutes.com/guide/english/resources/otherresources/otherresources13.html](http://www.falls-chutes.com/guide/english/resources/otherresources/otherresources13.html)

- A program manual intended for leaders, seniors and health professionals
- It is intended to increase awareness regarding falls, reduce risk of falls and injury, reduce medical costs and identify environmental factors that may contribute to falls in the community
- \$65.00/ Program Manual

Books/Guides

Bruno and Alice

Public Health Agency of Canada

Division of Aging and Seniors

<http://www.phac-aspc.gc.ca/seniors-aines>

- A love story about seniors and safety
- A series of 12 illustrated stories
- The book is about *two active seniors who, through lack of prevention, end up in awkward situations and almost miss their rendez-vous with love.*
- The stories offer insight into some of the personal preventive measures seniors can take to make their environment safer and prevent injuries
- It is produced by Health Canada to promote greater awareness of the issue of injury prevention for older adults

Exercise: A Guide from the National Institute on Aging

U.S Department of Health and Human Services

Public Health Service

National Institutes of Health and National Institutes on Aging

<http://www.nih.gov/nia>

- A guide promoting staying active as one grows older
- Includes sample exercises and picture demonstrations
- Includes record charts to record exercise progression
- Information on eating healthy and developing an exercise plan is also included

Exercise for Older Adults: ACE's Guide for Fitness Professionals

American Council on Exercise

- A resource for fitness professionals
- Includes how to adapt exercise programs
- Age related medical conditions
- Information on the effects of medication
- Demonstrates exercise techniques
- Modifies programs for chair and water based programs

- Includes how to use pre-exercise assessment results to structure both individual and group exercise programs for seniors
- Information on how to lead older clients and class members in cardiovascular, strength and flexibility training

The Safe Living Guide

<http://www.phac-aspc.gc.ca/seniors-aines/pubs/safelive/>

- A guide to home safety for seniors
- Information on home safety, staying healthy and active, medication tracking, safety aids and useful changes to your environment

This book can be downloaded free of the website above.

Seniors and Aging

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/fp-pc-eng.php>

- A guide to choosing and using assistive devices
- Informative documents that encourage seniors to explore assistive devices
- Helps you determine what you need, where to obtain it and how to receive financial aid if necessary
- It lists what is available and instructions of how it is to be used

This book can be downloaded from the website above free of charge.

Reports

Challenges of Aging Canadian Society

National Advisory Council on Aging

Government of Canada

<http://www.hc-sc.gc.ca/seniors-aines>

- Includes information on diversity of seniors, health and well-being, maintaining autonomy, financial security, work and transition to retirement and intergenerational issues

The Evolution of Seniors' Falls Prevention in British Columbia

Ministry of Health

March 2006

www.healthservices.gov.bc.ca/cpa/publications/index.html

- They are working *strategically and collectively to reduce the burden and impact of falls and fall-related injury among seniors.*
- Includes epidemiological data that illustrates the changes in mortality and hospitalizations over time that have resulted from seniors falling
- This report is intended to supplement recent reports that have provided excellent in-depth analysis into falls and fall-related injuries
- The report also provides the reader with an understanding of the falls prevention practice within British Columbia and Canada

Preventing Falls: What Works

A CDC Compendium of Effective Community-based Interventions from Around the World

National Center for Injury Prevention and Control of the Centers for Disease Control and Prevention

2008

http://www.cdc.gov/ncipc/preventingfalls/CDCCompendium_030508.pdf

- This information tool includes: exercise based interventions, home modification interventions and multifaceted interventions
- It includes *specific interventions that have rigorous scientific evidence of effectiveness and provides relevant information about these interventions to public health practitioners, senior service providers, and others who wish to implement fall prevention programs.*

Prevention of Falls and Injuries Among the Elderly

A Special Report from the Office of the Provincial Health Officer

January 2004

<http://www.healthplanning.gov.bc.ca/pho/>

- Outlines the impact of falls and the resulting injuries on elderly individuals, their families and society
- Examines the physical, environmental, behavioural, social and economic factors that increase the risk of falling
- Discusses what is known about where and why falls occur in the community, in long-term care homes, and in acute care hospitals
- Examines emerging, evidence based strategies to prevent, assess and reduce the risk of falls and injuries in all settings

Report on Seniors' falls in Canada

Public Health Agency of Canada

2005

www.phac-aspc.gc.ca/seniors-aines

- National information
- Contains epidemiological data on falls
- Examines information on multiple risks for falls among older adults
- Practices for the prevention of falls and injury from falls is evidence-based
- Includes information on the development and sustainability of fall prevention initiatives
- Lists risk factors for falls and fall-related injuries

Saskatchewan Comprehensive Injury Surveillance Report 1995-2005

- Created by several government ministries, agencies and stakeholders
- Provides information for evidence-based planning and evaluation of injury prevention programs that impact the population of Saskatchewan
- Available to anyone with a general interest in wanting to learn more about the injury situation in the province

- Serves as a comprehensive resource to concerned agencies and stakeholders involved in injury prevention
- Includes recent information and statistics on injury

WHO Global Report on Falls Prevention in Older Age

World Health Organization

2008

- Information on active ageing
- Includes the determinants of active ageing as they relate to falls in older age
- Emphasize changing behaviours to prevent falls
- Lists examples of effective policies and interventions
- Includes the WHO falls prevention model within the active ageing framework

Videos

Active Videos

<http://www.activevideos.com/seniors.htm>

- Excellent website that offers exercise/fitness videos for older adults in a variety of settings such as at home, in a group or outdoors
- A large selection is available, from seniors exercise-based videos to seniors dancing videos
- You can order your videos online
- Affordable prices!

On VHS:

These exercise videos can be lent to interested individuals from the '*Forever...in motion*' Team:

Acting Our Age: Older Adults Engaged in Physical Activity

Produced by the Alberta Centre for Well-Being

- Provides information on the benefits of exercise for older adults
- Video includes a discussion guide for practitioners interested in the determinants, supports and barriers to older adult physical activity
- Aqua fitness, dancing and Tai Chi are all included as demonstrations used within this video
- Play time: 26 minutes

Bone Smart

Produced by the Osteoporosis Society of Canada

www.osteoporosis.ca

- A home exercise program for people with osteoporosis and those at risk
- Includes warm ups and aerobics, stretching, posture exercises, balance and strengthening exercises, strengthening with exercise bands and floor exercises

- Very good workout video for older adults to maintain bone strength, improve posture and balance, strengthens muscles and increases flexibility
- Play time: 38 minutes

Elderly Fit

Produced by Dalhousie Cardiac Rehab Program

- Part One:
 - Discusses the importance and advantages of exercise
 - Informs the viewer of precautions one should take when participating in an exercise program
 - Demonstration of each exercise is included and how to modify each from standing to sitting position
 - Play time: 23 minutes
- Part Two:
 - Demonstrations of each exercise is continued
 - Both standing and sitting exercises incorporated
 - Focus of exercises is to maintain a healthy body
 - Play time: 27 minutes

Exercise: A Video from the National Institute on Aging

Produced by the National Institute on Aging

- Includes a brief introduction to the exercises emphasizing safety
- Stretching, exercises and cool down layout
- Balance focused and strength building exercises included
- Conducted by Margaret Richard from *Body Electric*
- An informative book is included that focuses on safety and exercise information for older adults
- Play time: 48 minutes

Exercise to Prevent Falls: A Winning Formula for Older Adults

Produced by Peterborough County-City Health Unit

- This video includes a factsheet and a poster on falls prevention
- Includes strengthening and stretching exercises for older adults
- Focuses on improvement of balance
- Seventeen different exercises are included within the video
- Older adults demonstrate each exercise
- Benefits of each exercise is outlined
- Play time: 23 minutes

Home Support Exercise Program

Produced by the Canadian Centre for Activity and Aging

- An excellent exercise video that promotes older adults active living
- Exercises are performed by older adults

- This program emphasizes 10 progressive exercises that are designed to enhance and maintain active living and independence
- The exercises promote falls prevention and rehabilitation after injury or illness
- It includes a training manual – may be very useful to health and fitness leaders to effectively conduct the program
- Laminated pictures and descriptions of each exercise is included

Spirit in Motion

Produced by the National Indian and Inuit Community Health Representatives' Organization, Health Canada and DANGER Inc.

- Promotes staying active and eating healthy
- Both in home and outdoor exercises are incorporated
- Includes warm ups, exercises, cool down and breathing exercises
- Exercises are performed both in a standing and sitting position
- This is a light workout video focused on stress relief and healthy being
- Play time: 27 minutes and 52 seconds

On DVD:

Exercise Can Beat Arthritis

Designed by Valerie Sayce, Physical Therapist at the arthritis foundation in Victoria

- Exercises are designed for older adults suffering from arthritis pain
- The DVD is a system of 9 gentle exercise routines
- Emphasizes staying active and maintaining a healthy diet
- Exercises help strengthen muscles, increases flexibility, improves cardiovascular strength, and keeps bones strong
- Play time: 40 minutes
- Price: \$17.98
- Can be purchased off the website: <http://www.video-line.com/p-52-exercise-can-beat-arthritis.aspx>

More Than Stretch: Senior Fitness for Good Health

Conducted by Charlotte Michos, MS., RN

- Exercises focus on stretching, strengthening, improving balance, improving posture, relaxation techniques, breathing, and rebuilding and maintaining a healthy back
- Provides a daily stretch routine
- May reduce pain and assist in rehabilitation
- Both standing and floor exercises included
- Play time: 57 minutes
- Price: \$17.95
- Can be purchased online: <http://www.video-line.com/p-77-more-than-stretch-senior-fitness-for-good-health.aspx>

Audio Cassettes

Active Seniors Program for Older Adults

Ottawa Public Health

- This program is beneficial for all older adults
- It can be modified for individuals who use assistive devices
- It comes with an instruction manual that guides participants through a variety of exercises
- The exercises are intended to improve balance, muscular strength, stability and flexibility
- Play Time: 45 minutes
- Price: \$20.00 + shipping & handling
- Can only be purchases over the phone: Urmila Hivale: 613-580-6744 ext. 23766