



HEALTH STARTS AT HOME

## It takes a community to prevent a fall: We all have a role to play!

**Fall Prevention Month:** The Victorian Order of Nurses (VON) is hosting a **FREE** Fall Assessment for seniors in our communities. This event will be held at the Hastings Prince Edward Public Health, at 179 North Park Street in Belleville on Tuesday **November 7<sup>th</sup>** and Tuesday **November 28<sup>th</sup>** from 9:00am-12:00pm.

- Falls are the leading cause of injury among older Canadians.
- Falls are the cause of **85%** of hospitalizations for Canadian Seniors.
- Over **1/3** older adults will be admitted to long term care after hospitalization for a fall
- Falling can lead to depression, mobility problems, loss of independence and death

### *WHO IS INVOLVED IN THIS EVENT?*

- Canadian Hearing Society
- Alarm Systems – Belleville
- Victorian Order of Nurses
- Hastings Prince Edward Public Health

**Contact us for more information about what Victorian Order of Nurses is doing to prevent falls.**

- Teri Hebden R.Kin 613-392-4181 Ext. 5381
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**Find out more and access free resources at**

**[www.fallpreventionmonth.ca](http://www.fallpreventionmonth.ca)**

