

TO REGISTER OR FIND OUT MORE...

The **STAND UP! Program** is offered free of charge to eligible adults 65 years of age or over.

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AUTHORS

Diane Sergerie
Institut national de santé publique du Québec
Claude Bégin
Agence de la santé et des services sociaux de Lanaudière/Direction de santé publique et d'évaluation

COLLABORATORS

Donald Dessureault
Agence de la santé et des services sociaux de Lanaudière / Direction de santé publique et d'évaluation
Judith Rose-Maltais
Agence de la santé et des services sociaux de la Capitale-Nationale / Direction de santé publique
Carole Genest et Lise Grenier
Agence de la santé et des services sociaux de Montréal / Direction de santé publique
Eudoxie Adopo
Centre de santé et de services sociaux Cavendish

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If the **STAND UP! Program** interests you or a loved one, please **CONTACT US**.

FALLS PREVENTION AMONG SENIORS LIVING AT HOME

COMMUNITY SECTION
STAND UP! Program
(Non-Personalized Multifactorial Intervention)



MEDICAL SECTION
Preventive Clinical Practices
[PCP]



HOMECARE SECTION
Personalized Multifactorial Intervention
[PMI]



ARE YOU CONCERNED ABOUT YOUR BALANCE?

ARE YOU AFRAID OF FALLING?

HAVE YOU ALREADY FALLEN?

If you answered YES to any of these questions the **STAND UP! PROGRAM CAN HELP YOU!**



The STAND UP! Program is offered to autonomous adults 65 years of age or over living in their own homes.

BALANCE, FALLS AND HEALTH

DID YOU KNOW THAT a loss of balance can cause a fall? One person in three 65 years of age or over experiences at least one fall a year. The fall can seriously affect your health:

- serious injuries such as fractures, or even death;
- difficulty in carrying out everyday activities such as walking, housework, grocery shopping or taking a bath;
- reduced social activities and greater isolation;
- a loss of autonomy or even departure from the home to live in a private residential facility.



THE **STAND UP! PROGRAM** EFFECTIVELY PREVENTS FALLS

The **STAND UP! Program** has shown that it can enhance the dynamic balance of elderly adults. It is based on the most recent knowledge in the realm of physical activity and falls prevention.



THROUGH THE **STAND UP! PROGRAM**, YOU CAN:

- > enhance your **balance** and leg **strength**;
- > help maintain **healthy bones** and reduce the risk of fractures;
- > adapt your **home** and adopt **safe behaviour**;
- > bolster your **self-confidence**;
- > be more **active**.



WHAT IS THE **STAND UP! PROGRAM**?

A qualified, trained professional leads the **STAND UP! Program**. The movements are safe and are adapted to seniors' abilities. The exercises will improve your balance and strength.

THE **STAND UP! PROGRAM** IS:

- > group exercises conducted twice a week for 12 weeks;
- > exercises that are easy to do in the home;
- > information vignettes on a healthy lifestyle, safe behaviour and ways to adapt the home to prevent falls.

