

## THE PERSONALIZED MULTIFACTORIAL INTERVENTION APPROACH IS ACCESSIBLE THROUGH A SIMPLE TELEPHONE CALL

Participation in the Personalized Multifactorial Intervention approach is entirely free and voluntary.



A health care practitioner will contact eligible individuals who call their CSSS and express an interest in receiving services and visit them in their homes to evaluate risk factors for falls. The practitioner will guide the senior and family members for the 12 to 18 month duration of the intervention. The senior may stop participating at any time in the program and will continue to receive regular homecare services. Information obtained in conjunction with falls prevention measures is confidential and is subject to the rules governing the protection of personal information.

Seniors are welcomed to participate.

**If Personalized Multifactorial Intervention (PMI) appeals to you, please contact your nearest Health and Social Services Centre by dialling...**



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# FALLS PREVENTION AMONG SENIORS LIVING AT HOME

HOME CARE SECTION  
Personalized Multifactorial Intervention  
[ PMI ]



MEDICAL SECTION  
Preventive Clinical Practices  
[ PCP ]



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



### FALLS AND HEALTH

Falls can directly affect the state of health and autonomy of seniors. The problem is such an important one that the Québec government has made it a priority by proposing a series of services to prevent falls in the home. **Québec Homecare Services and Health and Social Services Centres (CSSS) offer Personalized Multifactorial Intervention.**

### PERSONALIZED MULTIFACTORIAL INTERVENTION → AN EFFECTIVE MEANS OF PREVENTING FALLS

The program is intended for individuals 65 years of age or over who have experienced a fall during the past year and whose health profile makes them eligible for the program. This program helps to enhance or maintain the autonomy of seniors by preventing problems before they worsen or become chronic.

## PERSONALIZED MULTIFACTORIAL INTERVENTION OFFERS SERVICES ADAPTED TO SENIORS' NEEDS

Personalized Multifactorial Intervention [ PMI ] is carried out in several stages ranging from the screening of problems to the reassessment of the senior's situation.

### SCREENING

Certain factors can increase the risk of falls. Through the Personalized Multifactorial Intervention approach, it is possible to screen problems related to:

- > gait and balance;
- > the consumption of medication;
- > home hazard;
- > diet disorders;
- > other factors: diet disorders, orthostatic hypotension\*, visual impairment, alcohol consumption.

\* A drop in blood pressure resulting from a sudden change in body position, usually when shifting from lying down to standing.



### INTERVENTION PLAN

Once the problems have been screened, a personalized intervention plan is elaborated to remedy them. The success of the intervention plan relies on collaboration and commitment by the senior and the senior's family circle in respect of the health care practitioner.

### REASSESSMENT

The presence of risk factors will be reassessed every six months for 12 to 18 months.



## THE PERSONALIZED MULTIFACTORIAL INTERVENTION IS A QUALITY PROFESSIONAL APPROACH

The Personalized Multifactorial Intervention approach has been developed in light of best practices in the realm of falls prevention. It consists in:

**Informing, counselling and referring** seniors by providing the latter and their family circle with valid scientific information on falls prevention.

**Educating and involving** seniors by relying on their personal skills so that they adopt behaviour that is favourable to their health and safety.

**Creating favourable environments** by focusing on the physical and socioeconomic environment of seniors.



**Using effective strategies** by offering proven intervention measures.

**Working with a multidisciplinary team trained to deal with falls** by offering appropriate intervention by health professionals such as physiotherapists, physical rehabilitation therapists, occupational therapists, nurses, nutritionists, physicians, pharmacists and optometrists.

**Planning personalized follow-up** by ensuring that the information transmitted is understood and reinforcing seniors' motivation throughout the intervention (12 to 18 months).

