

The Dementia and Falls Risk study was carried out in 2022 by Dr Cathy Arnold and Dr Michaela Lynds from the School of Rehabilitation Science, which is part of the College of Medicine at the University of Saskatchewan.

It was funded by the Saskatchewan Health Research Foundation and the Centre for Ageing and Brain Health Research, with practical assistance from the Alzheimer Society of Saskatchewan.

This resources list was compiled following a webinar which presented the research and initial findings. It can be viewed at <https://rehabscience.usask.ca/cers/practice-resources/research-projects/dementia-fall-risk.php>. We hope that this list will prove helpful to informal caregivers, healthcare workers and anyone with an interest in Dementia and Fall Risk.

General contacts

Alzheimer Society of Saskatchewan

<https://alzheimer.ca/sk/en>

Saskatchewan Health Authority

<https://www.saskhealthauthority.ca>

Client Patient Access Services (CPAS)

https://www.saskatoonhealthregion.ca/locations_services/Services/Client-Patient

Saskatoon Council on Aging

<https://scoa.ca/caregiver-resources>

Dementia Assessment Unit – Saskatoon

https://www.saskatoonhealthregion.ca/locations_services/Services/Senior-Health/Pages/North-Saskatchewan-Dementia-Assessment-Unit.aspx

Dementia Assessment Unit – Regina

<https://rqhealth.ca/facilities-details/programs-offered-at-santa-maria>

Community/Support groups

Alzheimer Society

<https://alzheimer.ca/sk/en/help-support/programs-services/find-support-saskatchewan/support-groups>

Memory Café

<https://theglenatcrossmount.ca/health>

Rural Saskatchewan

<https://www.ruraldementiask.ca>

Dementia Friendly Saskatchewan

<https://dementiafriendlysaskatchewan.ca>

Fall prevention:

10 Tips for preventing dementia-related falls

<https://www.homewatchcaregivers.com/dementia/living-with-dementia/dementia-related-falls/>

Fall prevention and cognitive impairment

<https://parachute.ca/wp-content/uploads/2019/07/Fall-Prevention-and-Cognitive-Impairment-Inventory.pdf>

Exercise programs

Forever In Motion

<http://www.in-motion.ca/pages/content/older-adults-forever-in-motion>

Saskatoon City Leisure Facilities

<https://www.saskatoon.ca/parks-recreation-attractions/recreational-facilities-sport-fields/leisure-centres>

Minds in Motion

<https://alzheimer.ca/sk/en/help-support/programs-services/minds-motion>

Senior Adult Fitness Exercises

<https://safe-seniors.com/>

For caregivers:

Looking after yourself

<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself>

Making a safe environment

<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/making-your-environment-safe>

Safe use of restraints

<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/using-restraints>

Guidance videos

Step by step guide to helping an older adult up from a fall

<https://www.youtube.com/watch?v=QPIVYE8BGmM>

How to get up safely after a fall

<https://www.youtube.com/watch?v=ytXndx5Gako>

Preventing and reducing back pain for caregivers

<https://www.youtube.com/watch?v=q3mnUuBWrtA>

Caregiver burnout – what can doctors do to help?

<https://www.youtube.com/watch?v=jo5FWWN7Tck>

General:

Education

<https://parachute.ca/en/professional-resource/seniors-falls-collection/training-and-guidelines>

Coping with colder weather

<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/help-people-living-dementia>

Fire Safety

<https://www.saskatoon.ca/services-residents/fire-emergency/education-awareness/safety-prevention-programs/older-adults-remembering-when-program>

What do doctors titles mean?

<https://www.medsmarter.com/blog/hospital-hierarchy-every-pre-med-should-understand>

What do nurses titles mean?

<https://www.healthing.ca/wellness/types-of-nurses>

Saskatchewan Health Authority:

Health Centres

https://www.saskhealthauthority.ca/facilities-locations?field_facility_type=97

Hospitals

https://www.saskhealthauthority.ca/facilities-locations?field_facility_type=4

Long term care facilities

https://www.saskhealthauthority.ca/facilities-locations?field_facility_type=98

Service disruptions

<https://www.saskhealthauthority.ca/news-events/service-disruptions>

Presentation videos

Mobility aids as a fall risk factor for people living with dementia

<https://www.youtube.com/watch?v=YArAZ5ZvrRk>

Caregiver stress and depression

<https://www.youtube.com/watch?v=1P6X6P8kBaw>

Rehabilitation for people living with dementia - Fall Prevention Focus

<https://www.youtube.com/watch?v=N81Eg6ecOpg>

The Alzheimer Society of Saskatchewan provides a helpline service for those living with dementia and their caregivers. If you need to speak to someone contact them via:

Dementia Helpline: 1-877-949-4141 or Email: helpline@alzheimer.sk.ca

If you have any questions about this research project please contact
Dr Cathy Arnold at cathy.arnold@usask.ca