

PREVENTING FALLS

Many people believe that falls are part of normal aging, yet most of them can be prevented. In reality, everyone has the opportunity to reduce their risk of falling by, among other things, staying active. Physical activity, medication management, and making simple changes to the home to make it safer are actions that can be taken to prevent falls.

INTEGRATED DYNAMIC BALANCE PROGRAM (PIED)

- You are 55 years old or older;
- You are concerned about falling;
- You want to improve your balance;
- You want to maintain your independence;
- You are in shape and able to exercise for at least an hour;
- You do not use a walking aid on a daily basis.

PIED aims to prevent falls and fractures and enable you to:

- Improve your balance and coordination;
- Improve the strength of your legs;
- Learn to recognize situations that put you at risk of falling;
- Increase your physical activity level;
- Enjoy an opportunity to meet and talk.

This free 12-week program consists of:

- Group exercises twice a week led by a qualified professional;
- A routine of easy-to-do exercises at home;
- Fall prevention and information capsules about various topics such as:
 - Healthy living habits;
 - Safe behaviours;
 - How to lay out your home;
 - Medication;
 - Osteoporosis.

To register or if you have any questions:

- **07.PIED@ssss.gouv.qc.ca**
- **Gatineau:** (Hull, Aylmer and Gatineau): 819 966-6530, ext. 337114
- **Pontiac:** 819 647-3553, ext. 252260
- **Des Collines:** 819 459-1112, ext. 337803
- **Papineau:** 819 986-3359, ext. 227114
- **Vallée-de-la-Gatineau :**
819 463-2604 ext. 449105

