

# WHICH EXERCISE PROGRAM IS BEST FOR ME?

Are you an adult aged 65+ (or a caregiver/service provider to someone) living in York Region or South Simcoe?

If the answer is “yes”, complete the Fall Risk Screening on the right to determine which activity level is best for you and find programs and services to prevent falls including those that focus on strength and balance.

## Fall Risk Screening and Assessment

- One or more falls in the last year?
- Concerned (worried) about falling?
- Difficulty with walking or balance?
- Scored 4 or more on the Fall Risk Self-Assessment Tool?

If you answered “yes” to any of the screening questions:

### YES- AT RISK OF FALLING – MODERATE to LOW ACTIVITY LEVEL

- Answered “YES” to at least one of the above fall risk screening and assessment questions
- Difficulty with walking, strength and balance AND
- Two or more falls or one fall with injury

**GOAL: To improve my strength and balance to be more mobile, steady and able to be more independent. See recommended fall prevention exercise programs and services for those AT RISK for falls below.**

### Fall Prevention Exercise Programs and Services

- Seek advice from a health care professional
- Visit [falls.centralhealthline.ca](https://falls.centralhealthline.ca) for a list of community fall prevention programs and community organizations serving older adults
- Visit [Ontario.ca/seniors](https://Ontario.ca/seniors) for a list of Seniors Active Living Centres and activities in your community and to improve social well-being
- Refer to [Ontario.ca/seniors](https://Ontario.ca/seniors) or [A Guide for Programs and Services for Seniors](#) for health, social and financial supports
- Follow the **Fall Prevention Resource for Adults 65+ and Caregivers** to navigate fall risk screening, assessment and interventions to reduce your risk of falling
- Contact the Home & Community Care Support Services-Central at 310-2222 or visit [healthcareathome.ca](https://healthcareathome.ca) to ask about home care services and other resources

**PUBLIC HEALTH**  
1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/healthyaging](https://york.ca/healthyaging)



If you did not answer “yes” to any of the screening questions:

### **NO- NOT AT RISK OF FALLING – HIGH ACTIVITY LEVEL**

- Did not answer “YES” to any of the above fall risk screening and assessment questions

**GOAL: To maintain or improve my overall fitness and activity level.  
See recommended fall prevention exercise programs and services for those NOT at risk for falls.**

### **Fall Prevention Exercise Programs and Services**

- Visit [falls.centralhealthline.ca](https://falls.centralhealthline.ca) for a list of community fall prevention programs
- Visit [Ontario.ca/seniors](https://ontario.ca/seniors) for a list of Seniors Active Living Centres and activities in your community and to improve social well-being
- Call 211 or visit [211ontario.ca](https://211ontario.ca) to find out about local events
- Visit your local municipal parks and recreation program guide for a list of exercise classes in your area
- Contact your local public health unit for information and resources on fall prevention
- Follow the **Fall Prevention Resource for Adults 65+ and Caregivers** to navigate fall risk screening, assessment and interventions to reduce your risk of falling

Adapted from: Ottawa Public Health’s “Which Exercise Program is Best for Me?” available at: [https://www.champlainhealthline.ca/healthlibrary\\_docs/WhichExerciseProgramBest-ForMe121818.pdf](https://www.champlainhealthline.ca/healthlibrary_docs/WhichExerciseProgramBest-ForMe121818.pdf)

Created by the Fall Prevention Committee