

FALLS:

'Reduce the Risk' Webinar Series

Hosted by C.A.R.P. Ottawa Chapter

November 2020

Week 1 – Session completed.

Week 2: Thursday, November 12th, 10:00-11:00

Free Fallin' is a great Tom Petty song but not great for bathrooms. Make your bathroom safer.

Worried about a fall when you bathe or shower? Find out about grab bars and other ways to make your bathroom safer.

Speakers:

Paulette Guitard (Occupational Therapist and Full Professor, University of Ottawa)

Peter Hache (Owner, Renos4Seniors and Renos4LIFE)

Link to registration site for week 2 session: <https://www.eventbrite.ca/e/falls-reduce-the-risk-webinar-series-session-2-tickets-126569174809>

Week 3: Thursday, November 19th, 10-11 AM

"Have you had the conversation"? Your health care providers can give you tips on how to prevent falls.

How to initiate a discussion with your health care providers about the risk of falls and how to prevent them.

Speakers:

Helen Johnson (Physiotherapist, LHIN, Windsor-Essex)

Dr. Eoghan O'Shea (Family Physician, Assistant Professor, Department of Family Medicine, University of Ottawa)

Nurroz Dattoo (Pharmacist, Ottawa)

Link to registration site for week 3 session: <https://www.eventbrite.ca/e/falls-reduce-the-risk-webinar-series-session-3-tickets-126570962155>

Week 4: Thursday, November 26th, 10-11 AM

Are your stairs safe for you, your relatives and friends? How to make stairs safer for everyone.

Find out about common indoor and outdoor stair hazards that cause falls and what you can do to improve stair safety.

Speakers:

Sarah Fraser (Assistant Professor, University of Ottawa)

Craig White (Branch Manager, Stannah Canada Inc.)

Link to registration site for week 4 session: <https://www.eventbrite.ca/e/falls-reduce-the-risk-webinar-series-session-4-tickets-126571367367>