

# COVID-19

## FALL PREVENTION

In English : <http://santemontreal.qc.ca/falls-prevention>

In French : <http://santemontreal.qc.ca/prevention-chutes>

### 4 tools designed for the elderly to download:



1. **Self-assessment tool** to determine if you are at risk of falling  
[Check if you're at risk of falling](#)



2. A few recommendations to select your **shoes** wisely  
[How to choose shoes to prevent falls](#)



3. Taking **medication** can be a risk factor associated to falling  
[Knowing your medications](#)



4. When you are aging, it is important to visit an **optometrist** every year  
[Get your vision checked](#)

Virtual activities from November's **fall prevention month**

<https://www.fallpreventionmonth.ca/adults>

Fall prevention program **Staying on your Feet: Taking Steps to Prevent Falls.**

Available in web or PDF format. Offers a series of balance exercises that can be done at home to prevent falls. <https://preventfalls.ca/older-adults/>



**How to prevent falls during winter?**

<https://www.youtube.com/watch?v=ef9NaynOjU&feature=youtu.be>

www.santemontreal.ca

## PHYSICAL ACTIVITY : In the end, each movement counts!

To maintain physical and mental health, it is important to remain active and to eat well. Here are programs and activities to promote in senior living environments to help them stay in shape.

### Program Le GO pour bouger !



-Le GO pour bouger! is five blocks of simple exercises to be done at home. The exercises are available in video format or in printable files and are adapted to fit diverse needs, from individuals that are already very active to people who require assistance to move. There is a block adapted for every clientele!

- The entirety of the material is made available to you.

### Consult and download the program Le GO pour bouger!

In English : <http://santemontreal.qc.ca/physicalactivity-seniors>

In French : <http://santemontreal.ca/activitephysique-aines>

### MULTILINGUAL

The printable version is also available in eight other languages: Italian, Spanish, Greek, Portuguese, Arabic, Mandarin, Vietnamese and Punjabi.

Subtitles in these eight languages can also be added to the video format.

**Promotional tools** (signs, bookmarks, logos, banners)

<https://santemontreal.qc.ca/professionnels/drsp/sujets-de-a-a-z/sante-des-aines/outils-promotionnels/>

Offering the program in its paper form is more suitable to reach seniors who do not have access to the internet.

**Viactive capsules** (The videos are available in French with English subtitles):

<https://santesaglac.gouv.qc.ca/documentation/sante-publique/viactive/>

**Tips and advice for the elderly:** [https://www.santeestrie.qc.ca/clients/SanteEstrie/Conseils-sante/Infections-maladies/COVID-19/Brochure\\_aines\\_COVID-19-ANG.pdf](https://www.santeestrie.qc.ca/clients/SanteEstrie/Conseils-sante/Infections-maladies/COVID-19/Brochure_aines_COVID-19-ANG.pdf)

### Encourage seniors to:

- increase their occasions to move, making physical activity more frequent and last longer;
- go on a health walk when the weather allows it.



### MENTAL WELL-BEING

When following public health guidelines, seniors can feel lonely. It is important to help them maintain good psychological health. Certain tools offer fun and safe activities to discover:

<https://acsmmontreal.qc.ca/en/news/making-the-most-of-staying-home/>

Leave your mark by participating in Janette Bertrand's program: **Écrire sa vie** (French only):

<http://centreavantage.ca/ecrire-sa-vie/>

It is essential for seniors to **keep in touch** with their loved ones through the use of technology or other accessible communication tools. If necessary, don't hesitate to recommend the use of community-based resources.

### NUTRITION

-If seniors are having difficulties planning their meals, completing their errands, or purchasing their food and medication, certain resources and services are offered to community-based elders. Recommend calling the 211 to have access to these services.

-Encourage seniors who live alone to eat a snack or a meal with someone else, either virtually or in person (while respecting public health guidelines) at least once daily.

### MOURNING

The COVID-19 pandemic caused many deaths in a short period of time. Mourning is particularly difficult during this period, considering the climate of uncertainty and the measures implemented to limit the transmission of the virus. If someone requires help after losing a loved one, multiple resources are available.

**Website:** <https://www.maisonmonbourquette.com/deuil-ressources-anglais>

**Phone number:** (514) 894-8981

### SOCIAL PARTICIPATION

Offer isolated seniors to receive **friendly visits** or **calls**.

**Website:** <https://www.petitsfreres.ca/en/>

**Phone number:** (514) 527-8653

Become a member of the FADOQ

**Website:** <https://www.fadoq.ca/en/ile-de-montreal/>

**Phone number :** (514) 271-1411

### OTHER

**Programs and services destined for seniors 2020**

**Website:** <https://www.quebec.ca/en/family-and-support-for-individuals/seniors/>

**Phone number :** 514-644-4545

Ère Libre on MA.tv (french only) : <https://matv.ca/montreal/mes-emissions/ere-libre>

**L'APPUI for caregivers**

**Website:** <https://www.lappui.org/en>

**Phone number :** 1-855-852-7784

### INTERIM GUIDELINES FOR MANAGERS OF GROUP HOMES FOR SENIORS WITH NEUROCOGNITIVE DISORDERS (CURRENTLY BEING UPDATED)

ENG : [https://santemontreal.qc.ca/fileadmin/fichiers/professionnels/DRSP/sujets-a-z/Coronavirus/20200424\\_Troubles-neurocognitifs\\_consignes-logement-aines-MTL-COVID19-EN.pdf](https://santemontreal.qc.ca/fileadmin/fichiers/professionnels/DRSP/sujets-a-z/Coronavirus/20200424_Troubles-neurocognitifs_consignes-logement-aines-MTL-COVID19-EN.pdf)

FR : [https://santemontreal.qc.ca/fileadmin/fichiers/professionnels/DRSP/sujets-a-z/Coronavirus/20200416\\_Troubles-neurocognitifs\\_consignes-logement-aines-MTL-COVID19-FR.pdf](https://santemontreal.qc.ca/fileadmin/fichiers/professionnels/DRSP/sujets-a-z/Coronavirus/20200416_Troubles-neurocognitifs_consignes-logement-aines-MTL-COVID19-FR.pdf)



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