

# CONTINUING STUDIES@UVIC

A new perspective on home health care...

## Strategies and Actions for Independent Living (SAIL)

ONLINE HEALTH PROFESSIONAL DEVELOPMENT



University  
of Victoria

**Register today!**

[continuingstudies.uvic.ca/SAIL](https://continuingstudies.uvic.ca/SAIL)

250-721-8558

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### Fall prevention training for home care aides

Older adults and persons with disabilities often wish to live independently in their own homes, but falls in the home are a major health threat. The practical SAIL tools help home care aides and community support workers to help clients live at home more safely by preventing falls and fall injuries. This NEW instructor-facilitated, three-week course offers case studies, videos, discussion and interactive assessments. You'll learn how to apply the following tools in your work:

- A specially developed, three-level, home-based exercise program that includes videos and handouts for client use, and training for you on how to motivate and support clients to use the program
- A detailed risk factor checklist
- An action plan framework with numerous strategies and actions to reduce each risk factor
- Fall tracking and reporting tools
- Optional ongoing yearly access to the SAIL tools and videos available on a sliding scale. Includes additional guidance for home care service supervisors to manage a SAIL program.

**Delivery style:** Online Asynchronous  
**Date:** Feb. 10 to Mar. 6, 2023  
**Fee:** \$210 plus \$10.50 GST  
**Code:** HPCF200 2023S D01  
**Instructor:** Bobbi Symes (MA)