

**A Report on the**

Richmond **Seniors'**  
**Falls Prevention Fair**

**June 10, 2006**



## Acknowledgements

The Fair and this report are the result of the work of many people and organizations working together with the Richmond Falls Prevention Network, the Richmond Safe Community Alliance and Vancouver Coastal Health.

Graphics in the report are courtesy of Health Canada. Special thanks to the City of Richmond for providing the space and services at City Hall to hold the Fair.



Richmond Falls



Richmond Safe



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*Questions, comments, opinions and suggestions regarding this report are welcomed. Contact:*

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## Introduction

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Falls are a serious and preventable health problem affecting 1 in 3 seniors every year. Falls are a leading cause of disability, hospitalization and moves to care homes. Falls and fear of falling reduce a senior's ability to continue to live an active full life.

Public awareness, health education and a safe environment can help prevent and reduce the number and severity of falls older adults experience. Individuals and agencies working collaboratively is one way to make it easier for seniors to protect their health.

Organizing an educational event such as a fair was one of the community goals identified at the "Slips, Trips, & Falls" Public Forum held Richmond in October, 2000.

## Who attended the Fair

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Over 400 people attended the Fair at Richmond City Hall, held on June 10<sup>th</sup>, 2006 from 11:00 am to 3:00 pm. Participants included Richmond seniors, their families, representatives from community groups and organizations interested in seniors health and well being, exhibitors, volunteers and translators.

## What we did at the Fair

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### Opening Ceremony

The opening ceremony took place in the foyer of the Richmond City Hall. Rishma Dhalla acted as master of ceremonies.

Mayor Malcolm Brodie officially opened the fair, followed by Don Gulley, Chair of the Richmond Safe Communities Alliance, and then Bonnie Lillies, Regional Leader, Vancouver Coastal Health, Seniors Falls and Injury Prevention Initiative.

### Speakers

Four speakers presented one-half hour talks followed by a question & answer period.

- **Dr. Karim Khan** (University of British Columbia Family Practice): Keeping Active & Exercising Regularly.
- **Kay Wong** (Community Nutritionist): Healthy Eating, a Balanced Diet & Tips on Vitamin Supplements.
- **Susan Match** (Community Counsellor): How to Remain Healthy Throughout the Aging Process.
- **Dory Smith** (Researcher at BC Injury Research & Prevention Unit): Developing & Maintaining Safe Communities.

## **Entertainment**

Between speakers, entertainment was provided in the foyer and outside plaza. This included ballroom line dancing, Yuanji exercise, and a classical music string quartet “INFINITIS”

## **Exhibitors**

There were 17 exhibitors: 13 non-profit organizations and 4 private companies sharing information about their services. Their tables were set up along the walls of the foyer.

## **Refreshments**

Refreshments, served buffet style by the Heron Café, included coffee, tea, muffins, cheese and fruit.

## **Door Prizes**

Providence Lifeline, Bayshore Home Health, Shopper’s Home Health, Save-on-Scooters, and the Richmond Falls Prevention Network provided door prizes.

## **Volunteers**

Many hours of volunteer time helped make the fair a resounding success.

## **What we learned**

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After speaking with participants and reviewing the surveys, it was obvious that everyone thoroughly enjoyed the event. Comments such as “a great and useful event” and “I learned something from each session” reassure us that we were successful. We achieved our goal of increasing public awareness, as well as providing health education and ideas about a safe environment. Working together, we can make a difference in the lives of our seniors by informing them of the healthy choices available to them.



# Our Thanks

## Participants

*Seniors and their families*  
*Bayshore Home Health*  
*BC Ambulance Service*  
*BC Association of Optometrists*  
*City of Richmond*  
*Disability Resource Centre*  
*INFINITIS Quartet*  
*Mayor & City Councillors*  
*Minoru Place Seniors Activity Centre*  
*Providence Lifeline*  
*Richmond Addiction Services*  
*Richmond Community Response Network*  
*Richmond Fire - Rescue*

*Richmond Health Services*  
*Richmond Women's Resource Centre*  
*Richmond Parks and Recreation*  
*Richmond Safe Communities Alliance*  
*Richmond Seniors Advisory Committee*  
*RCMP*  
*Save-on-Scooters*  
*Seniors Ballroom Line Dancing Group*  
*Shoppers Home Health*  
*SUCCESS Translator & volunteers*  
*Vancouver Coastal Health*  
*Volunteer Richmond Information Services*  
*VRIS: Seniors Information & Referral*  
*Yuanji Exercise Group*

## Richmond Falls Prevention Network

### Richmond Safe Community Alliance

BC Ambulance Service  
BC Injury Research & Prevention Unit  
City of Richmond  
Community Volunteers  
Disability Resource Centre  
Marquise Facilities Corp.  
MILAP  
Richmond Addictions Services  
Richmond Fire Rescue  
Richmond Food Bank  
Richmond Health Services  
Richmond Multicultural Concerns Society  
Richmond Seniors Advisory Committee  
Rosewood Manor Outreach Services  
SUCCESS  
Vancouver Coastal Health  
Volunteer Richmond Information Services