

OUR PHILOSOPHY

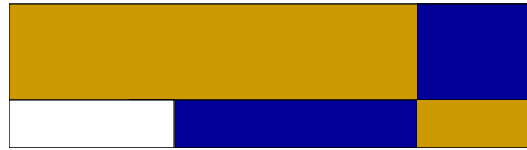
The provision of support services is based on the following beliefs:

- ◆ Each individual is a unique adult and is deserving of respect and dignity.
- ◆ Support should be flexible, individualized and reflective of the participants' choices, abilities and existing support services.
- ◆ Choice often involves some elements of risk. Where possible, individuals will be permitted to experience the result of their choices to the extent that they are able.
- ◆ Independence is a dynamic process of accessing people and services as challenges and successes change.

We rigorously promote the rights of the individual and promote recognition of acquired brain injury and how it affects individuals and families through ongoing advocacy and public education.

VISION STATEMENT

To lead in the field of acquired brain injury rehabilitation, providing advocacy for successful re-entry into the community.



CONTACT INFORMATION

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ACCESSIBLE FORMATS & COMMUNICATION SUPPORTS

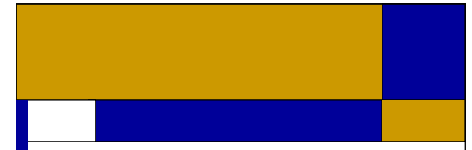
Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 ext. 663 or www.bicr.org.

Disclaimer:

Brain Injury Community Re-entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and the government of Ontario.

The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the government of Ontario.

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BRAIN INJURY COMMUNITY RE-ENTRY (NIAGARA) INC.



Falls Prevention Strategy

DID YOU KNOW?

Falls can be very serious and can lead to major health issues.

Brain Injury Community Re-entry (Niagara) Inc. is committed to providing a safe environment to our participants ensuring that we minimize fall risk.

We will educate participants and family members and work in collaboration with participants and family to promote fall safety.



WHAT YOU CAN DO

Start now and reduce your risk.

- ◆ Ensure adequate lighting in your house.
- ◆ Wear proper footwear.
- ◆ Wear glasses and hearing aids if prescribed for you.
- ◆ Learn about your medications and discuss them with your doctor.
- ◆ Eat regular, healthy and well balanced meals.
- ◆ Participate in regular and safe physical activity.

WHO IS AT RISK?

Many individuals have factors that put them at a higher risk for falls.

- ◆ Dizziness
- ◆ Poor balance
- ◆ Weakness
- ◆ Previous falls
- ◆ Poor vision
- ◆ Medications

BICR'S FALLS PREVENTION STRATEGY GOALS

- ◆ To eliminate preventable falls.
- ◆ To educate participants, families and staff about the health risks associated with falls and provide strategies to reduce the risk of falls.
- ◆ To create a culture of safety at BICR.

HOW WE CAN HELP

- ◆ Staff will complete a "Falls Risk Assessment". This will help to evaluate if you are at a high risk for falling.
- ◆ Safety precautions will be used for all participants to reduce falls and minimize injuries.
- ◆ Annually participants will be given tips to minimize falls in their homes.

IF YOU HAVE ANY CONCERN
ABOUT FALLS PLEASE TALK TO
YOUR BICR WORKER.
WE CAN HELP!