FALL PREVENTION **E-LEARNING COURSE** FOR CAREGIVERS



Small Actions Can Make a Big Difference!

Trauma NB, in partnership with the New Brunswick Department of Social Development, is pleased to offer a free eLearning course for caregivers.

This practical, easy-to-follow course provides simple tools and strategies to help you support older adults and reduce their risk of falling.

What You'll Learn

Start the Conversation About Fall Risk

Learn how to talk with older adults about their risk of falling using simple questions or a validated screening tool.

Help Spot Home Safety Hazards

Discover how to use the Home Safety Checklist to identify common fall hazards in every room and help make homes safer.

Connect People with Resources

Learn about key fall prevention resources for older adults and where to find them when you need them.

You don't need to be a healthcare professional to contribute to fall prevention. By completing this course, you'll gain practical knowledge and resources that can help you support older adults in staying safe and independent.

We encourage you to take the first step today and complete this free eLearning course at your earliest convenience by **visiting www.nbtraumaeducation.ca** or by **scanning the QR code**. Every conversation, every safety check, and every action can make a difference.

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Small changes. Safer Steps.

Trauma NB

New Brunswick Home Support Association

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Finding Balance