

# Osteoporosis and Fracture Prevention Resources for Family Councils

## How to Use This Resource List

This resource list is for Family Councils and family members interested in learning more about osteoporosis and fracture prevention in long-term care (LTC) homes in Ontario. As a Family Council member or family member, you can use these resources to increase your awareness of and knowledge about osteoporosis and fracture prevention within your long-term care home, thereby helping to promote good bone health among LTC residents.



This list contains links to education resources on osteoporosis and fracture prevention. Review and share these resources to help increase awareness of and knowledge about osteoporosis and fracture prevention within your long-term care home,

The resources are organized by category. All resources in this list were produced by reputable organizations. You can find the name of the organization that produced the resource in italics to the right of the resource title.

Hyperlinks are provided so that you can access the resource directly. Please note that the links were correct and functional as of October 2018 but we cannot guarantee them beyond that date. If you find an incorrect or broken link, please contact us at [info@fco.ngo](mailto:info@fco.ngo).

***Disclaimer: The links provided in this resource list are for information only and do not replace medical advice.***

## Icons legend

These icons tell you the format of the resource.



**Website**



**Downloadable resource**



**Video**



**Article**



**Podcast**

These icons give you more information about the resource.



**Long-Term Care specific**



Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018

## What is Osteoporosis? What causes Osteoporosis?

“Diagnosis.” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/diagnosis/>



“Fast Facts.” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/fast-facts/>



“Frequently Asked Questions.” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/faq/>



“Medications that can Cause Bone Loss, Falls and/or Fractures.” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/what-is-osteoporosis/secondary-osteoporosis/medications-that-can-cause-bone-loss-falls-andor-fractures/>



“Men and Osteoporosis.” *Osteoporosis Canada*. <https://osteoporosis.ca/about-the-disease/what-is-osteoporosis/men-and-osteoporosis/men-and-osteoporosis/>



“Osteopenia.” *HealthLink BC*.

<https://www.healthlinkbc.ca/health-topics/tp23004spec#tp23005>



“Osteoporosis and Osteoarthritis.” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/what-is-osteoporosis/osteoporosis-and-osteoarthritis/>



“Osteoporosis: what happens.” *HealthLink BC*.

<https://www.healthlinkbc.ca/health-topics/hw131419#hw131462>



“Secondary Osteoporosis.” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/what-is-osteoporosis/secondary-osteoporosis/>



“What is Osteoporosis?” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/what-is-osteoporosis/what-is-osteoporosis/>



OSTEOPOROSIS

Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018

## Recommendations for Fracture Prevention

### Specific to long-term care

“Beyond the Break - 2015 Recommendations for Fracture Prevention in Long-Term Care.” *GERAS Centre*.

<https://www.youtube.com/watch?v=11UDo4jJwTM>



“Meeting the Challenges of Osteoporosis – English.” *GERAS Centre*.

<https://www.youtube.com/watch?v=yVqFu9oQI00>



“Multifactorial Interventions Recommendation.” *GERAS Centre*.

<http://www.gerascentre.ca/osteo-ltc-recommendations-multifact>



“Osteoporosis Canada's Recommendations for Preventing Fractures in Long-Term Care.” *GERAS Centre*

<https://www.youtube.com/watch?v=4SApjEUOVVY>



## Life After A Broken Bone Or Diagnosis Of Osteoporosis

“A Broken Hip, Moving Forward.” *Hamilton Health Sciences*.

[www.hamiltonhealthsciences.ca/documents/Patient%20Education/BrokenHipBooklet-th.pdf](http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/BrokenHipBooklet-th.pdf)



“After the Fracture.” *Osteoporosis Canada*. <https://osteoporosis.ca/bone-health-osteoporosis/living-with-the-disease/after-the-fracture/>



“Delirium or Acute Confusion?” *Hamilton Health Sciences*.

[www.hamiltonhealthsciences.ca/documents/Patient%20Education/DeliriumAcuteConfusionSenior-th.pdf](http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/DeliriumAcuteConfusionSenior-th.pdf)



“Living Well with Osteoporosis.” *Osteoporosis Canada*.

[www.osteoporosis.ca/wp-content/uploads/OC\\_Living\\_Well\\_March\\_2012.pdf](http://www.osteoporosis.ca/wp-content/uploads/OC_Living_Well_March_2012.pdf)



“Pain.” *Osteoporosis Canada*.

<https://osteoporosis.ca/bone-health-osteoporosis/living-with-the-disease/pain/>



OSTEOPOROSIS

Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018

## Exercise and Movement

“Exercise for healthy bones.” *Osteoporosis Canada*.

<https://osteoporosis.ca/bone-health-osteoporosis/exercises-for-healthy-bones/>



“Exercise for healthy bones” downloadable factsheet. *Osteoporosis Canada*.

[www.osteoporosis.ca/multimedia/pdf/publications/OC Exercise For Healthy Bones EN.pdf](http://www.osteoporosis.ca/multimedia/pdf/publications/OC_Exercise_For_Healthy_Bones_EN.pdf)



“Keeping Up Your Strength to Prevent Deconditioning.” *Hamilton Health Sciences*.

[www.hamiltonhealthsciences.ca/documents/Patient%20Education/Deconditioning-th.pdf](http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/Deconditioning-th.pdf)



“Too Fit To Fracture: Managing Osteoporosis Through Exercise” booklet. *Osteoporosis Canada*. [www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-To-Fracture-Osteo-Exercise-Book.pdf](http://www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-To-Fracture-Osteo-Exercise-Book.pdf)



### Specific to long-term care

Exercise and movement videos. *GERAS Centre*.

<http://www.gerascentre.ca/ltc-series>



“Exercise Recommendation.” *GERAS Centre*.

<http://www.gerascentre.ca/osteo-ltc-recommendations-exercise>



## Nutrition

“Nutrition.” *Osteoporosis Canada*

<http://www.osteoporosis.ca/osteoporosis-and-you/nutrition/>



## Medication and Supplements

“Calcium.” *Dietitians of Canada*.

<https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Calcium.aspx>



“Calcium and Vitamin D.” *Osteoporosis Canada*. <https://osteoporosis.ca/bone-health-osteoporosis/calcium-and-vitamin-d/calcium/>



“Treatment.” *Osteoporosis Canada*.

<https://osteoporosis.ca/about-the-disease/treatment/>



Family  
Councils  
Ontario



OSTEOPOROSIS

Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018

## Medications and supplements continued

“Food Sources of Vitamin D.” *Dietitians of Canada.*

<https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Vitamins/Food-Sources-of-Vitamin-D.aspx>



“Osteoporosis Pharmacological Therapy.” *GERAS Centre.*

<https://www.youtube.com/watch?v=P3TYMJunEyA>



“Vitamin D & Calcium.” *GERAS Centre.*

<https://www.youtube.com/watch?v=keojCR9I55k>



## Specific to long-term care

“Calcium and Vitamin D Recommendation.” *GERAS Centre.*

<http://www.gerascentre.ca/osteo-ltc-recommendations-calcium>



“Pharmacological Therapy Recommendation.” *GERAS Centre.*

<http://www.gerascentre.ca/osteo-ltc-recommendations-pharm-the>



## Family and Resident Stories

“A Story of Four Hip Fractures, Robert.” *GERAS Centre.*

<http://www.gerascentre.ca/a-story-of-four-hip-fractures>



“Combatting Fear With Knowledge About Osteoporosis, Mark Kimberley.” *GERAS Centre.*

<http://www.gerascentre.ca/combating-fear-with-knowledge>



“Osteoporosis Lessons in a Shared Family History, Sharon Mackinnon.” *GERAS Centre.*

<http://www.gerascentre.ca/osteoporosis-lessons>



“Risk and Consequences with Osteoporosis, Sylvia Udale-Clough.” *GERAS Centre.*

<http://www.gerascentre.ca/risk-and-consequences-with-osteoporosis>



“The Presence of Pain and Undiagnosed Osteoporosis, Devora Greenspon.” *GERAS Centre.*

<http://www.gerascentre.ca/the-presence-of-pain>



Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018

## Hip Protectors and other Devices

“Hip Protectors Guidance Card.” *Canadian Agency for Drugs and Technologies in Health.*

[https://www.cadth.ca/media/pdf/CADTH\\_Hip\\_Protectors\\_Guidance\\_Card\\_e.pdf](https://www.cadth.ca/media/pdf/CADTH_Hip_Protectors_Guidance_Card_e.pdf)



“Hip Protectors Work!” *Interior Health British Columbia.*

<http://www2.gov.bc.ca/assets/gov/people/seniors/health-safety/pdf/hip-protectors-work.pdf>



“Hip Protectors: A Summary.” *Canadian Agency for Drugs and Technologies in Health.*

[https://www.cadth.ca/sites/default/files/pdf/hip\\_protector\\_summary\\_e.pdf](https://www.cadth.ca/sites/default/files/pdf/hip_protector_summary_e.pdf)



“Using Hip Protectors.” *GERAS Centre.*

<https://www.youtube.com/watch?v=d5LiUxATTgU>



### Specific to long-term care

“Hip Protectors Recommendation.” *GERAS Centre.*

<http://www.gerascentre.ca/osteo-ltc-recommendations-hip-protectors>



## Risk Assessment

“Fracture Risk Assessment.” *GERAS Centre.*

<https://www.youtube.com/watch?v=sFPT3aFqN-c>



### Specific to long-term care

“Fracture Risk Assessment Recommendation.” *GERAS Centre.*

[http://www.gerascentre.ca/osteo-ltc-recommendations-fracture-](http://www.gerascentre.ca/osteo-ltc-recommendations-fracture-risk-assessment)



“Long-Term Care Admission Assessment.” *GERAS Centre.*

<https://www.youtube.com/watch?v=SMwxJDJiGvs>



Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018

## General Fracture Prevention and Bone Health

“Bone Health Protection Strategies – Best Practices.” *GERAS Centre*.  
[docs.wixstatic.com/ugd/4542ae\\_6dc72fb12b1f4e53bb2244259dcef566.pdf](https://docs.wixstatic.com/ugd/4542ae_6dc72fb12b1f4e53bb2244259dcef566.pdf)



“Bone health: Tips to keep your bones healthy.” *Mayo Foundation for Medical Education and Research*.  
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060>



“Hip Fracture: Topic Overview.” *HealthLink BC*.  
<https://www.healthlinkbc.ca/health-topics/aa6973#aa6976>



“Moving and Doing Things Safely To Keep Pressure off Your Spine” Information Package. *GERAS Centre*.  
[docs.wixstatic.com/ugd/4542ae\\_ffed815db7be43c48683fee693ecd692.pdf](https://docs.wixstatic.com/ugd/4542ae_ffed815db7be43c48683fee693ecd692.pdf)



### Specific to long-term care

“CMAJ Podcast on Fracture Prevention in Long-Term Care.” *CMAJ Podcasts*.  
<https://soundcloud.com/cmajpodcasts/141331-guide>



“Quick Facts About Osteoporosis in Long-Term Care” Presentation. *GERAS Centre*.  
[docs.wixstatic.com/ugd/4542ae\\_7e5f6a74d75e44319f86678419e6ad7a.pdf](https://docs.wixstatic.com/ugd/4542ae_7e5f6a74d75e44319f86678419e6ad7a.pdf)



“Recommendations for preventing fracture in long-term care.” *CMAJ*.  
<http://www.cmaj.ca/content/187/15/1135>



“Strategies to Prevent Fractures in Long-Term Care” Presentation. *GERAS Centre*.  
[docs.wixstatic.com/ugd/4542ae\\_a06fc88d87834c46887058378ae52e60.pdf](https://docs.wixstatic.com/ugd/4542ae_a06fc88d87834c46887058378ae52e60.pdf)



Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018

## Falls Prevention

“Seniors’ Falls Can Be Prevented.” *British Columbia Falls and Injury Prevention Coalition.*

[http://www.injuryresearch.bc.ca/docs/3\\_20070425\\_160715Senior's%20Falls%20Can%20Be%20Prevented%20Pamphlet%20April%202024\\_07.pdf](http://www.injuryresearch.bc.ca/docs/3_20070425_160715Senior's%20Falls%20Can%20Be%20Prevented%20Pamphlet%20April%202024_07.pdf)



“Tips for Reducing Your Risk for Falls.” *Hamilton Health Sciences.*

[www.hamiltonhealthsciences.ca/documents/Patient%20Education/TipsReducingRiskForFallPORTRAIT-th.pdf](http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/TipsReducingRiskForFallPORTRAIT-th.pdf)



### Specific to long-term care

“Bridges to Care Resource Manual: Preventing Falls and Injuries in Long-Term Care.” *Centre for Studies in Aging & Health at Providence Care and the Seniors Health Knowledge Network.* [http://sagelink.ca/sites/default/files/clinical-resources/preventing\\_falls\\_injuries\\_ltc\\_resource\\_manual.pdf](http://sagelink.ca/sites/default/files/clinical-resources/preventing_falls_injuries_ltc_resource_manual.pdf)



“Prevention of Falls in Long-Term Care Facilities Recommendation.” *The Canadian Task Force on Preventive Health Care.*

<https://canadiantaskforce.ca/other-guidelines-1979-2006/prevention-of-falls-in-long-term-care-facilities-2005/>



## Dementia and Falls

“Falls and dementia.” *NHS inform.* <https://www.nhsinform.scot/healthy-living/preventing-falls/falls-and-dementia>



“People With Alzheimer’s at High Risk of Falls and Injury Dementia.” *The Fisher Center for Alzheimer’s Research Foundation.* <http://www.alzinfo.org/articles/people-alzheimers-high-risk-falls-injury/>



“Reducing risk of falls for people with dementia.” *Alzheimer’s Society Manitoba.* <https://www.alzheimer.mb.ca/wp-content/uploads/2013/09/2014-Dementia-Fall-Risk-Checklist-template.pdf>



“The Risk of Falling Increases With Dementia.” *The Fisher Center for Alzheimer’s Research Foundation.* <https://www.alzinfo.org/treatment-care/blogs/2014/01/risk-falling-increases-dementia/>



OSTEOPOROSIS

Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018



## Parkinson's and Falls

"Balancing And Falling." *Parkinson Canada*. <http://www.parkinson.ca/wp-content/uploads/Balancing-and-Falling.pdf>



"Falls And Parkinson's." *Parkinson's Australia*. <https://www.parkinsonswa.org.au/wp-content/uploads/2017/02/Fact-Sheet-2.18-Falls-and-Parkinsons.pdf>



"Freezing and Falls." *Parkinson Canada*. <http://www.parkinson.ca/wp-content/uploads/Freezing-and-Falls.pdf>



"Stay on your feet! Understanding and reducing the risk of falling for people with Parkinson's." *Vancouver Coastal Health*. <http://vch.eduhealth.ca/PDFs/FM/FM.495.S73.pdf>



"Walking." *Parkinson Canada*. <http://www.parkinson.ca/wp-content/uploads/Walking.pdf>



OSTEOPOROSIS

Produced by Family Councils of Ontario in partnership with GERAS and Osteoporosis Canada

© Family Councils of Ontario, 2018