

# Join us for a Fall Prevention through Wheelchair Seating workshop

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Sign-in Code: fallprevention

Fall prevention in LTC is a high priority and a challenge. Prescription of stable wheelchair seating has been shown to reduce the number of falls by up to 50%. Residents mental and physical well being is enhanced with improved mobility, functional independence and participation in social activities. This hands-on workshop will provide tips and suggestions for use of wheelchair seating in Long Term Care.

- Review of literature on incidence and common causes of falls
- Wheelchair cushion design – how does a cushion work?
- Alternatives to air flotation for maximizing skin protection and stability
- Wheelchair backs – an important part of the solution
- Hands-on with wheelchair seating – an opportunity to explore various equipment options including set up and adjustment

*This session will be of interest to team members working with residents of Long-Term Care – OT/OTA, PT/POTA, Kinesiologists and Nursing.*



**Presented by: Anna Sokol, RN, MN, BScN, BScKin, WCCC(C) Clinical Education Specialist - Matrix® Seating.** Anna has a background in Kinesiology and Nursing and is a Certified Wound Care Nurse. She has experience in Home Care Health Services and management of teams providing care in LTC and Retirement residences. Anna offers her expertise in safety and quality metrics and has presented internationally on topics related to Skin Protection, Fall Prevention, and Infection control. Anna participates in product development, sharing feedback from clients and caregivers, and conducting clinical research on product designs. She also serves as a consultant on the ISO global Seating Standards committee. Anna works to create bridges between team members with a goal of improving the lives of those who require specialized Seating and Mobility solutions and those who care for them.

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