



**For more information and to sign up,
contact the facility in your territory:**

Gatineau

(Hull, Aylmer and Gatineau)
819 966-6530, ext. 7114

Pontiac

819 647-3851, ext. 2515 or 2165
819 683-2224

Collines

819 459-1112, ext. 7803

Papineau

Vallée-de-la-Lièvre: 819 986-3359,
ext. 6433
Petite-Nation: 819 983-7341, ext. 6205

Vallée-de-la-Gatineau

Low and Gracefield: 819 463-2604
Maniwaki: 819 449-4690, ext. 187

This programme is offered **free or charge**
in all of the territories in the region by the
Centre intégré de santé et de services
sociaux de l'Outaouais.

For more information:

ciss-ouataouais.gouv.qc.ca/

**Centre intégré
de santé
et de services sociaux
de l'Outaouais**

Québec



**CHALLENGE
FALLS AND...
STAND UP!**



- You are 55 or older?
- You want to improve your balance?
- Your autonomy is important to you?



Adapted from: Sergerie, D. et Bégin C. (2011) Prévenir les chutes chez les aînés vivant à domicile (Dépliant). Institut national de santé publique du Québec (INSPQ).

Prevent falls!

The STAND UP! program is for you.

- The **STAND UP!** program is based on the most recent knowledge in the realm of physical activity and falls prevention.
- It's offered to autonomous adults **55 years of age** or over living in their own homes.
- Numerous studies have shown that **STAND UP!** is effective in preventing falls.



Did you know that falls can seriously affect health by causing...

- serious injuries such as fractures, or even death;
- difficulty in carrying out everyday activities such as walking, housework, grocery shopping or taking a bath;
- reduced social activities and greater isolation;
- a loss of autonomy or even departure from the home to live in a private residential facility.

Free of charge and effective,

the **STAND UP!** program allows you to:

- improve your balance;
- increase your leg strength;
- prevent falls;
- maintain your autonomy;
- maintain or improve your overall health;
- socialize.

The STAND UP! program is :

a progressive program **12-week program adapted to seniors' abilities** which includes:

- a twice-weekly series of group exercises led by a qualified professional;
- exercises that are easy to do in the home;
- information vignettes on various subjects such as :
 - nutrition,
 - physical activity,
 - safe behaviour,
 - ways to adapt your home,
 - medication consumption and,
 - osteoporosis.