

# CONTINUING STUDIES@UVIC

A new perspective on home health care...

## Strategies and Actions for Independent Living (SAIL)

ONLINE HEALTH PROFESSIONAL DEVELOPMENT



**University  
of Victoria**

**Register today!**

[continuingstudies.uvic.ca/SAIL](https://continuingstudies.uvic.ca/SAIL)

250-721-8558

[healthprograms@uvic.ca](mailto:healthprograms@uvic.ca)

Older adults and persons with disabilities often wish to live independently in their own homes, but falls in the home are a major health threat. SAIL's practical tools help home-care aides and community support workers to support clients to live at home more safely by preventing falls and fall injuries. This instructor-facilitated 3-week course uses case studies, videos, discussion, and interactive assessments. You'll be able to apply the SAIL tools immediately in your work, including:

- A 3-level home-based video exercise program with videos for client use, and training for you in motivating and supporting clients to use the program
- A detailed risk-factor checklist
- An action-plan framework with numerous strategies to reduce each risk factor
- Fall tracking and reporting tools
- Optional ongoing yearly access to the SAIL tools and videos available. Includes additional guidance for home-care service supervisors to manage a SAIL program.

**Delivery Style:** Online Asynchronous

**Date:** Oct. 23 to Nov. 16

**Fee:** \$210 plus \$10.50 GST

**Code:** HPCF200 2020F D01

**Instructor:** Bobbi Symes (MA)