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Gain a new perspective on home health care...

## Strategies and Actions for Independent Living (SAIL)

PROFESSIONAL DEVELOPMENT FOR HEALTH PRACTITIONERS



University  
of Victoria

Register today!

[continuingstudies.uvic.ca/SAIL](https://continuingstudies.uvic.ca/SAIL)  
250-721-8558  
[hsadmin@uvic.ca](mailto:hsadmin@uvic.ca)

Many older adults and persons with disabilities wish to maintain independence by living in their own homes. However, falls within the home pose a significant risk to their health. Practical SAIL tools assist home care aides and community support workers in helping their clients live safely at home and reduce the likelihood of falls and fall-related injuries. This three-week, instructor-facilitated course provides a comprehensive learning experience with case studies, videos, discussions, and assessments. You will gain the skills to implement the following tools in your work:

- a three-level, home-based exercise program with videos and handouts for clients, along with training on motivating and supporting their program use
- a detailed risk factor checklist and an action plan framework with numerous strategies and actions to reduce each risk factor
- fall tracking and reporting tools

Ongoing yearly access to the SAIL tools and videos will also be available on a sliding scale. This includes additional guidance for home care service supervisors in managing a SAIL program.

**Delivery style:** Online Asynchronous  
**Date:** Oct. 13 to Nov. 6, 2023  
**Fee:** \$250  
**Code:** HPCF200 2023F D01  
**Instructor:** Bobbi Symes

Through the StrongerBC future skills grant, students may be eligible to receive funding for this program from Sept. 1 to Dec. 31, 2023.



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