

Media Release

For Immediate Release

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Restraint Reduction Program Decreases Resident Falls By 3%

Markham... The introduction of a Restraint Reduction Program has enabled the Woodhaven to reduce resident falls by 3 per cent over the past three months. The program is being implemented in partnership with Chartwell Seniors Housing REIT.

The Woodhaven highlighted this program to Christina Bisanz, CEO of the Ontario Long Term Care Association (OLTCA), during a tour of the home today.

The goal of the Restraint Reduction Program is to provide a restraint free environment for all Woodhaven residents. A Restraint Reduction team has been formed to identify alternative strategies and options for those residents who would previously have required protective, but potentially restraining, measures or devices to reduce their risk of falling.

“The Restraint Reduction Program is a team approach that involves staff, families and residents in developing strategies to reduce or mitigate the risk of falling,” said Michelle Stroud, home Administrator. “To date, the team has been able to maintain resident safety and reduce the number of falls through innovative approaches and ongoing and effective communication. The reduction in the use of restraining devices and/or measures has a positive impact on the resident’s quality of life.”

Ms Bisanz said: “The Restraint Reduction Program is an example of how long term care homes are working to reduce or slow the natural functional decline associated with aging, while focusing on maintaining resident safety and enhancing the individual’s quality of life. The team approach ensures that everyone involved has input into the care decisions and are on the same page with respect to care and programming expectations.”

Ms. Bisanz, who is touring a number of OLTCA member homes across Ontario, added, “caregivers, residents and families working together reflects the commitment to enhancing quality of care that is the benchmark in long term care homes across Ontario.”

OLTCA represents the not-for-profit, charitable, private and municipal operators of 428 long term care homes that provide care and services to some 50,000 residents throughout Ontario.

The Woodhaven is a 192 bed home that has been helping meet the long term care needs of Markham residents since 2003.

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