



CAIP NEWS

A quarterly update about the
Calgary Aging in Place Co-
operative

QUARTERLY NEWSLETTER (FALL 2017)

VOLUME 1, NUMBER 3

November 19, 2017

SAVE THE DATE

December 9, 2017

CAIP's **Seasonal** Afternoon of Fun!

At 1:00 pm, McDougall United Church

8516 Athabasca St. SE

Information! Fun! Door prizes! Snacks! Photos!

Please bring a friend or a neighbor you think might be
interested in joining the co-operative!

PERSONAL INJURY PREVENTION FOR SENIORS (PIPS)

Our CAIP PIPS team is ready to make presentations to seniors', community and service groups. Please let us know if your group would like to schedule a PIPS presentation. Please connect with pips@calgaryaginginplace.ca to book a presentation or to find out more about the PIPS program.

PIPS SURVEY HIGHLIGHTS*

37% have fallen in the last year, 21% said once, and 17% had fallen multiple times.

(Same as the 35 - 40% injuries sustained in the workplace due to slips, trips and falls.)

Surprisingly, 80 – 90% have not received training on Injury Prevention, such as minimising Slips, Trips and Falls or Stepping, Manual Handling and Lifting

courses.

Almost HALF, (47%) have been injured multiple times in the last year.

***The opinions and interpretations in this survey are those of the author and do not necessarily reflect those of the Government of Canada.**

Let CAIP help you through the secondary suite process and paperwork. The cost of this service to members is just \$350.00.

CAIP has now supported 6 members to successfully complete the first steps of the secondary suites process.

We have presented information about CAIP to many individuals and organizations. Please let us know if you have any suggestions about groups we could present to.

CONTACT INFORMATION

Call 403-774-7247 ext. 1 to talk with Pat Cochrane, CAIP Member & Services Liaison, to book your services today.

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