

## **Bone Health Resources**

### **Osteoporosis Canada**

[www.osteoporosis.ca](http://www.osteoporosis.ca)

A national organization serving people with osteoporosis by providing education, advocacy, and strategic investment into osteoporosis research.

Resources of particular mention:

- Calcium Calculator
- Too Fit to Fracture handout

### **Finding Balance Alberta**

[www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)

Developed and led by the Injury Prevention Centre in Edmonton, Finding Balance is an education program and public awareness campaign to educate and empower older adults to stay independent and prevent falls.

Resources of particular mention:

- Activity Tips and Programming
- Falls Risk Self-Assessment Quiz
- downloadable resources, some of which are available in 13 different languages
- help for caregivers of older adults

### **Bone Fit**

[www.bonefit.ca](http://www.bonefit.ca)

Bone Fit is evidence-informed exercise training for healthcare professionals and exercise practitioners. It was developed by Osteoporosis Canada in conjunction with experts in the area of osteoporosis and exercise to help patients with osteoporosis exercise safely.

Resources of particular mention:

- Locator Map which can be used to find therapists with this specific training

### **Government of Canada**

The Safe Living Guide-A Guide to Home Safety for Seniors

<https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/safe-living-guide-a-guide-home-safety-seniors.html>

### **MelioGuide**

[www.melioguide.com/activities-of-daily-living](http://www.melioguide.com/activities-of-daily-living)

Based out of Ireland, this resource was created for men and women to intelligently build stronger bones, a stronger body, and reduce fall risk.

Resources of note:

- Activities of Daily Living – tips and videos for specific activities like shoveling snow, mowing the lawn, lifting items in and out of an oven, etc.

### **National Osteoporosis Foundation**

[www.nof.org](http://www.nof.org)

[www.bonehealthandosteoporosis.org](http://www.bonehealthandosteoporosis.org)

Coming from the United States, this organization is dedicated to preventing osteoporosis and broken bones, promoting strong bones for life, and reducing human suffering through programs of public and clinician awareness, education, advocacy, and research.