

## Preventing Falls Together- Project Summary

Project Name: **Preventing Falls Together – More Information**

Developing Coalition: Annapolis Kings

### Project Summary:

The greatest risk of falling is fracture. Most old people that fracture from falls have osteoporosis, so osteoporosis prevention is important. Exercise, diet, adequate intake of calcium and vitamin D, and watching drug interactions is important for both OP and Falls Prevention, so I added this information to the slides of the Power Point presentation for Preventing Falls Together.

### Existing resources used:

Falls Prevention Cd –added to  
PFT fallproofing handouts  
Osteoporosis of Canada Information compiled for Osteoporosis Presentations for AVDHA Physiotherapy Departments and for Community presentations.  
Diet Information-Sherry Veinotte, Dietitian.  
Safe Exercises for Osteoporosis

New materials developed: see description above

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