

Preventing Falls Together- Coalition Project Summary

Project Name: **Seating for Seniors**

Developing Coalition: Guysborough County Preventing Falls Together Coalition

Project Summary

The coalition members recognized a falls risk for seniors in the lack of seating in retail stores and businesses. The risk of falling is reduced if seniors have the opportunity to rest and gather their belongings prior to exiting the store. Coalition members identified local businesses and stores that were lacking seating. Coalition members in the same community communicated to make sure that each location would be approached by only one coalition member or that two or more members would make the approach together. The coalition members approached the businesses in person and asked to speak with the manager. They provided a verbal overview of the impact of falls on seniors and the role of the coalition in the community. A letter was presented outlining all of the above and the request for seating. Coalition members periodically checked in to determine if any changes had been made. Those that added seating will be presented with a letter of thanks.

The Antigonish County Coalition has joined in this project and the letter was adapted to reflect the involvement of both coalitions.

Notes and Tips:

- Ask retail stores to put heavy items on lower shelves and to keep the aisles free of merchandise.
- Request that businesses check their parking lots to make sure they are level, free of holes, and cleared of snow.

PFT Staff Contact

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