

## Preventing Falls Together Project Summary

Project Name: **Assessing Health at Home**

Developing Coalition: Pictou County PFT Coalition

### Project Summary

On October 24, 2006, VON Pictou County hosted a workshop titled **Assessing Health at Home**, which was held at Summer Street Industries, New Glasgow. More than 100 seniors from the Pictou County area came together to learn about health promotion and falls prevention. A presentation on falls prevention informed participants about the frequency of falls among seniors, the costs of falls, both to the health care system as well as the personal costs to the senior and her or his family, and tips and techniques to prevent falls. A series of eleven interactive information displays gave participants resources and information on topics such as nutrition, exercise and active lifestyles, home safety, Vial of Life, seniors' activities, medication, assistive devices, and support programs. Participants were also able to have their blood pressure and blood sugars measured. A *Health at Home Game* encouraged individuals to visit each booth to learn about the organization's products, programs or services and information on preventing falls. A complimentary luncheon was provided.

### Notes and Tips:

Fifty-seven (57) participants submitted a completed evaluation form at the end of the workshop. 100% of respondents indicated that they know more about preventing falls after attending the workshop.

### Supporting organizations:

|   |                                 |
|---|---------------------------------|
| Pictou County PFT Coalition                               | VON Pictou County (two booths)  |
| Seniors Outreach  | Keay's Home Health Care Centre: |
| YMCA  | len Haven ( LTC)                |
| Lifeline  | Fulmore's Pharmachoice          |
| Aberdeen Hospital (Falls Committee)                       |                                 |
| Pictou County Municipalities Crime Prevention Association |                                 |

### PFT Staff Contact

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