

Preventing Falls Together – Project Summary

Project Name: **Putting Your Best Foot Forward**

Developing Coalition

West Hants/Cobequid PFT Coalition and Seniors Safety Association of Hants County

Project Summary

The “*Putting Your Best Your Foot Forward*” booklet was developed to provide information to seniors on preventing falls, Vial of Life, 911, and as a resource directory for West Hants. The 39 page booklet is given out to seniors at all presentations given by the PFT coalition and seniors.

Existing Resources used

The tool kit & various booklets/pamphlets from Health Canada were used, along with local knowledge on best practices.

New Materials Developed

The *Putting Your Best Foot Forward* Booklet

Notes and Tips:

- Education is an essential component that must be integrated into falls prevention initiatives, but education alone does little to reduce the risk of falls and fall-related injuries (adapted from Nova Scotia Department of Health Promotion and Protection, *Preventing Fall-Related Injuries Among Older Nova Scotians: A Strategic Framework*, 2007). Try to add an action component to your presentations.

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