

Preventing Falls Together-Project Summary

Project Name: Don't Fiddle With Falls

Developing Coalition: The Cape Breton Coalitions

Time Frame: 2005

Project Summary:

The project was undertaken by the two Cape Breton coalitions and two separate events were held, one in each region. Afternoon workshops on falls awareness and prevention open to the general public were held in Sydney and Baddeck. The agenda and speakers varied slightly.

At the Baddeck event, guests were welcomed with the music provided by local entertainers. The session started with an overview of the impact of falls and prevention strategies using materials from the Tool Kit and the Bone Health Project (CBDHA). A Physiotherapist explained the benefits of exercise for balance, strength and flexibility. An Occupational Therapist spoke about the benefits of assistive devices and how to use them properly. She had several devices with her that she demonstrated and allowed the participants to handle. This was very successful in taking the mystique away and reducing the stigma of using helping devices. The final speaker was from the Housing Division of the Department of Community Services. She presented information on the programs available to seniors to make their houses safer. The session wrapped up with refreshments and the opportunity to visit the booths set up by the coalition, the local drug store (which showcased assistive devices), the Bone Health project, and the local Dairy Board staff, who made a variety of smoothies that were refreshing and also good for our bones. Small prizes that could be used to reduce the risk of falling such as nightlights and cord ties were drawn throughout the event. Small thank you gifts were given to the speakers and musicians. In this rural community, approximately thirty-five people attended the event.

The event held in Sydney started with a group walk to the meeting site. The remainder of the agenda was very similar with the addition of a physician and a foot specialist as speakers.

An evaluation was not conducted, however the feedback was very positive.

PFT Staff Contact

Susan King, Eastern NS Field Worker

Tel: 539-6098 Email: sking@nscommunitylinks.ca