

## Preventing Falls Together - Project Summary

Project Name: Fall Proof Your Seniors' Club

Developing Coalition: Inverness and Victoria Counties Preventing Falls Together Coalition (CBIV)

### Project Summary:

Coalition members thought seniors clubs would be a logical place to reach seniors with information about falls. The group developed the concept of approaching seniors clubs to provide presentations on the impact of falls for seniors along with prevention strategies. In addition to providing educational presentations, coalition members will conduct a falls prevention checklist at the club with the members following the presentation.

A letter was sent to the local Seniors' Council to request the opportunity to speak at one of their meetings. The presentation developed by the HRM PFT coalition was given and then interest in participating in the project was requested.

In the upcoming months, a checklist specifically for seniors' clubs will be developed by adapting the materials in the Tool Kit, the presentations and checklists will be completed with at least two clubs, and the project will be evaluated.

### Notes and Tips:

- Use the checklists in section 5 of the Preventing Falls Together toolkit to identify falls hazards.
- Fallproof the spaces at which you meet.

### PFT Staff Contact

Susan King, Eastern NS Field Worker

Tel: 539-6098 Email: [sking@nscommunitylinks.ca](mailto:sking@nscommunitylinks.ca)