

## Preventing Falls Together - Project Summary

Project Name: **Senior-Friendly Trails**

Developing Coalition: Colchester East Hants (CEH)

### Project Summary

In March 2006, the CEH Coalition discussed the Mayor's Challenge – a yearly initiative to encourage citizens to become physically active. A coalition member indicated that a Recreation Services effort was being considered to identify trails suitable for seniors in summer 2006. It was anticipated a summer student would walk and grade the trails and incorporate the suggestions made for assessing the trails. Garnet McLaughlin carried out this task (acting Parks and Trails Coordinator Recreation Services Municipality of the County of Colchester) in summer of 2006 and was also interested in signage for the appropriate trails.

This was a great example of the population health approach as we work with partners to achieve a goal we identify – a reminder that we don't have to do all the hands-on work ourselves.

Hilary Pacquet has now explored standards of signage and contacted the NS Trails Federation. She continues to gather more data and plans for summer activities. It has been determined by the coalition to initially consider 1-2 trails for signage and then evaluate the response.

### Notes and Tips:

- A brochure is being developed to indicate senior-friendly trails.

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