


Preventing Falls Together



~a program of  **Community Links**
Caring • Connecting • Acting

To: Members of the Clergy in Nova Scotia
From: Preventing Falls Together Coalitions of Nova Scotia
Re: Falls Prevention Day, November 22, 2006

Anyone can fall, but as we get older, our risk of falling increases as does the severity of the injuries resulting from falls. This year, one third of Nova Scotian seniors will fall in their home or community. These are our parents, friends and neighbours who attend your place of worship each week. Injuries caused by falls result in pain, suffering, and a loss of independence.

Preventing Falls Together is a program of Community Links funded by Nova Scotia Health Promotion and Protection. The program helps local groups, volunteers, and organizations work with seniors to prevent falls both at home and in the community.

November 22 has been proclaimed Falls Prevention Day across Nova Scotia. To help create awareness of falls prevention strategies we are once again implementing our *Places of Worship* project. At this time we are asking for your assistance in reaching the members of your religious community who may be at risk of falling. By placing the inserts provided in your regular bulletin or newsletter close to November 22, you can create awareness of this under-recognized health hazard. You can also set an example for seniors and their families to follow in their homes and in your neighbourhood.

We have also included a checklist that details important factors to check both inside and outside your place of worship so that you can identify and eliminate some of the hazards that could cause falls. We encourage you to use this resource and refer to it often, so that you can implement changes to help keep members of your congregation safe and healthy.

You may also find the information in this package useful when you visit the homes of those in your religious community. These materials may assist you in helping members of your congregation to make positive changes in their own lifestyles and homes.

Please take this opportunity to encourage your faith community to take steps to reduce the risk of falls so that everyone, especially seniors, can continue to be healthy and safe. We *can* prevent falls - together.

We would be pleased to meet with groups in your community to conduct presentations on the impact and causes of falls to seniors and provide prevention strategies. For more information about the Preventing Falls Together Program or to get involved with a coalition in your area, please contact:

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