



October 29 and 30, 2009

Holiday Inn, Truro

Registration Deadline: Sept 25, 2009

For more information, or to register, contact: 902-422-0914

info@preventingfallstogether.ca

Conference Program

Day 1: 8:30 to 4:30 - Open to all registrants

8:30-9:30AM Registration

9:30 – 10AM Welcome and Program Overview

Injury Prevention in NS, Julian Young, Coordinator Injury Prevention and Control Nova Scotia Department of Health Promotion and Protection

**10-11 AM Morning Plenary:
Panel: Age Friendly Communities**

Representatives from the Nova Scotia Department of Seniors, Nova Scotia Centre on Aging and others will discuss the World Health Organization's Age Friendly Initiative and its implications for NS.

11:00-11:10AM "Grab and Go" Break

11:10 AM to 12:15 AM

Morning workshops:
A or B

A: Medications and Falls: Pharmacist Susan Beresford from the Nova Scotia Pharmacy Association will discuss the impact of medication on the risks of falling, and the role of the pharmacists in falls prevention. Susan will give an overview of the Medication Review Program currently available to Seniors.

B "I Can't Get There" - Barriers in the Accessible Landscape
Although we aim for accessible building designs that are safe and appropriate to the situation and built according to Code Regulations, the reality can be anything BUT. Architect Cynthia Street, of **Streetlines Architectural Services for Independent Living**, presents an exercise that challenges you to answer the question "What is Wrong with This Picture?"

12:15-1:00 PM Lunch and Displays

**1-2:00 PM Afternoon Plenary:
Physical Activity Carousel
Moderated by Heather Praught, NSHPP**

Walkabout, Move More, Tai Chi, HSEP

2:10 AM to 3:10:PM

Afternoon workshops:
C or D

C. Age Friendly By Design Industrial Designer and NSCAD University professor Glen Hougan shares his passion for senior friendly design in this lively one-hour session. Glen will explore some of the attitudes and stereotypes that have influenced product design for the older population, and how these attitudes are changing with a new approach to designing for seniors.

D: Mobility: Removing the Barriers Wendy Lee Hamilton of Senior LINCNS will discuss how to remove the stigma attached to using assistive devices. Wendy will introduce a workshop called *Mobility: now you're going places* originating in BC, how to offer the workshop on a shoestring budget, and how to access more resources.

3:10-3:30 Nutrition Break/ View Displays

3:30 to 4:15 PM Provincial Falls Prevention Initiatives

Suzanne Baker and Susan King present on the new Provincial DHA Falls Prevention Network, as well as other initiatives taking place across the province.

4:15 to 4:30 Wrap up & evaluation

End of Public Portion of Conference



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Evening Day 1
Open to PFT Coalition Members Only

6:00-6:30 PM
Reception with cash bar
and piano entertainment by
Harry Bentham



6:30-9:00 PM
Dinner, displays, informal
networking, fun and games!

Day 2
Open to PFT Coalition Members Only

Welcome and Housekeeping

**Coalition Team
Building and
Sharing**

Each Coalition will have the
opportunity to highlight and
share one project from the past
year, in words, pictures, story,
skit, or song!



Break

**Age Friendly
Concepts in
Community**



Coalition members will share how their projects
and activities are already age friendly, and
exchange ideas on how to emphasize and
integrate this concept in future initiatives.

What is your team style?



Your personal style affects how you interact with your
team. A guest facilitator will lead us in a light-hearted
but revealing look at how understanding our personal
style and that of others can strengthen team efforts.

11:45-12:00 Wrap up & evaluation

12 Noon Closing Luncheon