

## Preventing Falls Together – Project Summary

Project Name **Seniors Community Snow Shoveling Project**

Developing Coalition Digby and Area

### Project Summary

Our plan was to assist seniors by offering reasonable rates to discourage them from trying to shovel by themselves and risking a fall. This project was developed with the junior Boy's Basketball team and its coaches. The proceeds would go to them for clinics and away games etc. We advertised to seniors within a certain radius to call if they would like to have their walkways shoveled before and after school on storm days. It was arranged that there would be a monthly billing schedule through the coaches, rather than having the boys go inside the seniors' homes to collect money. The rates were extremely reasonable and often the boys took time to clear off cars and steps as well as the driveway. We had a total of 13 homes on the list and many others called in on occasion to have the boys come to homes to shovel. The weekly newspaper also covered the story. The program was well received by the seniors and many other communities are looking to set up a similar arrangement with their schools.

### Notes and Tips

- Snow shoveling and raking leaves are important falls prevention activities that youth can complete. These activities can be part of their community service and volunteer requirements.

### PFT Staff Contact

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