



Preventing Falls Together - Project Summary

Project Name: **Website www.seniorsafetyprogram.ca**

Developing Coalition:

West Hants/Cobequid PFT Coalition & the Seniors Safety Association of Hants County

Project Summary:

A new website devoted to safety for seniors was developed and launched. The website is another attempt to provide seniors with information regarding their well being. One section of the site is dedicated to falls prevention. There is also a resource section that includes links to other relevant sites including Preventing Falls Together.

Existing resources used: The tool kit, various booklets/pamphlets from Health Canada were used, along with local knowledge on best practices.

New materials developed/Sources:

The www.seniorsafetyprogram.ca website was recently launched and is accessible on the Internet.

Notes and Tips:

- Find out what types of technology are available in your community and use them to “meet” during the winter months.
- Hold a workshop or educational session using teleconferencing technology that would be accessible to people in a number of communities who would therefore not require transportation to attend.

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