

Preventing Falls Together- Project Summary

Project Name: Video Teleconferencing for Regional Coalition Meetings

Developing Coalition: **Annapolis Kings**

Project Summary:

There was an attendance problem within our Coalition. It is a large geographical area and our seniors' group representatives often had transportation difficulties, compounded by winter weather conditions. An appeal to the Annapolis Valley District Health Authority allowing us to use the teleconference system available within the province was successful. Our first meeting involved 5 sites: North Queen's in Caledonia, Soldiers Memorial Hospital, Valley Regional Hospital, Eastern Kings CHC. February 5th was a snowy day and we truly appreciated that we only had to drive to the nearest site. (Carla was really happy!) We conducted our business meeting and decided to rely on Telehealth for the winter months. In better weather conditions, we vary the meeting location within the two counties. One has to book Telehealth 4 – 6 months in advance. Seniors prefer daytime hours, so take what is available.

Notes and Tips:

- Find out what types of technology are available in your community and use them to “meet” during the winter months.

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