

Preventing Falls Together Project Summary

Project Name: **Improving Safety in the Community**

Developing Association: Lunenburg-Queens Falls Prevention Association

Project Summary

Six volunteers were recruited, with teams of two going around each of the towns of Lunenburg, Bridgewater and Liverpool to identify and photograph cracks in sidewalks, steps without railings, steep unmarked curbs and other potential fall hazards. Each team was provided with a disposable camera. The photographs became the illustrations for presentations to the respective Town Councils in Lunenburg, Bridgewater and Liverpool. The scope of the issue of seniors' falls was described, the objectives of the Lunenburg-Queens Falls Prevention Program outlined and the Council's support requested to ensure a safe community environment for seniors. The presentations were well received, with a number of questions asked and a verbal commitment of support provided. Follow up included a letter from the Lunenburg Town Council describing the actions taken to reduce the risk of falling in the town as well as improvements noted in both of the other two towns. The Bridgewater Town Council meetings were videotaped and played on the local Cable channel, providing additional exposure to the issues presented.

Notes and Tips:

- Use the checklists in section 5 of the Preventing Falls Together toolkit to identify falls hazards.
- Identify, photograph, and record falls hazards in your community. Make a presentation to your municipal council on the impact of falls on seniors and request the town take action to reduce risks.

PFT Staff Contact

Carla Malay, Western NS Field Worker
nswest@preventingfallstogether.ca