



Welcome to CHNET-Works! Fireside Chats
June 29th, 2006

*Activity and an Aging Population:
Preventing Falls Together - a provincial model:*
community capacity building in Nova Scotia

Advisor on Tap: Carol McAllister,
Coordinator, Preventing Falls Together

Hosted by:

- University of Ottawa - Community Health Research Unit

Funded by:

- Ontario Ministry of Health and Long Term Care

Housekeeping Items....

Agenda: 1:00 - 2:00 PM EST (and open until 2:15 PM)

- ✓ Welcome, brief intro, questions/answers, discussions, wrap up

Trouble shooting your audio and visual connections:

- ✓ Keep your Fireside Chat information and PowerPoint presentation available
- ✓ If your telephone line is disconnected or 'bad' - hang up and call back
- ✓ Use the Power point presentation if Bridgit link is not working for you

Teleconference etiquette:

- ✓ *6 - Mute/un-mute function
- ✓ Don't put us on 'hold'

Follow up:

- ✓ Feedback - help our research and future Fireside Chats
- ✓ RSVP 'challenges' and 'great interests for future 'chats' 2



Welcome to Nova Scotia's *Preventing Falls Together*

A "Fireside Chat"

With Carol McAllister, Coordinator
Preventing Falls Together

June 29, 2006

Preventing Falls Together 2006

A program of Community Links, funded by Nova Scotia
Health Promotion & Protection



Evolution of Preventing Falls Together:

- Health Canada / Veterans Affairs project of 2000 Canada wide falls prevention initiative.
- Phase 1 - 4 (2000-2004) Model developed, logo, toolkit created, resources gathered.
- 2004 Nova Scotia Government - Nova Scotia Health Promotion & Protection - 3 year funding @ \$100,000 per year.
- A program of Community Links

Preventing Falls Together ... motivations

- Anyone can fall, but the consequences of a fall to an older person are much more critical.
- Falls are the most preventable risk to a senior's health and well being.
- Working together we can reduce the risk factors that cause falls.
- Making our homes & communities safer for seniors will make them safer for us all.
- In NS Falls cost \$160 million in the year 2000

Preventing Falls Together is ...

- A falls prevention program created to reduce the number of falls among NS seniors living in their own homes and communities.
- Based on a community capacity building model, delivered by regional coalitions.
- Uses population health approaches.



Preventing Falls Together

Goals of PFT Community Capacity Building Model:

- To increase the number of groups/organizations involved in falls awareness & prevention and the number of sectors represented.
- Increase the capacity of individuals & organizations who touch the lives of seniors to incorporate falls prevention strategies into their day to day work and activities.
- To increase the number and variety of NS community-based falls prevention activities.



Preventing Falls Together



Uses Population Health approaches

- Aims to improve the health of older adults by acting on the broad range of factors & conditions that affect their health.
- Recognizes that small changes made by most people will have a much greater impact on the overall health of the population than will large changes made by a few people.

Activities based on Determinants of Health

Preventing Falls Together ...

Regional Coalitions Mandate

- Incorporate falls prevention into the policies, programs and activities of their organization, business or home.
- Work collaboratively to identify and implement local/community-wide falls prevention strategies which will address personal and environmental risk factors.

Preventing Falls Together... **Coalitions highlights**

- 14 coalitions based loosely on DHA/counties.
- Meet 6 -8 times per year.
- Supported by coordinator or field worker.
- Toolkit training, bulletins, email communication.
- Annual coalition plans for local community activities.
- Special event grants & logistical support.
- Draft Terms of Reference, project planning tool.
- Website, domain name, Annual Coalitions Meeting with training & networking, topical speakers.
- Communications package - PSA's, posters, media guides.
- Display boards, handouts.
- Provincial Falls Prevention Day - Nov 22 in 2005
- Provincial Projects i.e. Place of Worship project

Preventing Falls Together

Who are coalition members?



- District Health Authorities
- Community Health Boards
- Hospital Foundations
- Community Services
- Housing Authorities
- Emergency Health Services
- Fire Departments
- Home Care organizations
- Caregivers Nova Scotia
- Caregiver educators
- Service Clubs
- RCMP
- Nova Scotia Municipalities
- Community volunteers
- Arthritis Society
- Osteoporosis Society
- Community College
- Seniors Council's & clubs
- VON
- Northwood 'In Touch''
- Veterans Affairs
- Public Health
- Safe Communities
- OT & PT
- Businesses
- Tai Chi Assoc
- Royal Canadian Legions
- First Nations/Inuit Caregivers

Preventing Falls Together... coalition activities

- Videos
- Hazardous House - School
- "Icers" promotion
- Home assessments
- Education- pamphlets
- Medicine brown bag review
- Senior's Expos & fairs
- Personal /home falls risk checklists
- Physician handout package
- Media messages - Radio, TV, newspaper, magazines
- Municipal hazards ID
- Skits
- Exercise - i.e. Tai Chi
- Talks to Seniors groups
- Disaster preparation
- Displays at senior events
- Recreation - county trails assessment
- Community Health cable TV show
- 'Places of Worship' project
- Multicultural event

Preventing Falls Together... organization activities

- Orientation/training for new staff.
- Lunch and learn falls prevention sessions.
- Assess own building & workplaces.
- Include Falls Prevention programs for seniors - exercise, nutrition, education, social.
- Include educational literature for senior clients.
- Incorporate falls assessment for at risk individuals.
- Information in newsletter
- Support employees coalition work.

Preventing Falls Together... Successes & Challenges

- Coalition leadership
- Retention of membership - volunteers
- Core & resource coalition members
- Competing initiatives
- Volunteer time & energy
- Communication
- Red tape - PIFP
- Geography
- Resources



Preventing Falls Together ... Partnerships

- NSHPP
- VON Nova Scotia / Canada
- NS/Nunavit Command, Royal Canadian Legion
- Veterans Affairs Canada
- Dept of Health: DHA, CHB, EHS
- School Boards
- Businesses: pharmacies,
- Physicians, Physiotherapists
- NS Dept of Energy

Preventing Falls Together **Regional Coalitions**



Questions?

Comments?

Discussion!





Thank You!

Carol McAllister

Coordinator, Preventing Falls Together,

A Nova Scotia program.

902-576-2420

coordinator@preventingfallstogether.ca

www.preventingfallstogether.ca