



# FALLS LINKS

Volume 5 Issue 2  
2010

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## APRIL FALLS DAY

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**WELCOME** to our special issue highlighting April Falls, 2010. The NSW Health Calendar gazettes 1<sup>st</sup> April, as April Falls Day and a great variety of activities took place across the state on the day and during the month of April.

April Falls Day was an initiative that originated in Northern Sydney Central Coast Area Health Service to promote falls prevention, and to raise awareness with staff, patients, carers and community members.

In the following pages, we highlight some of the April Falls Day/Month activities that have taken place across Area Health Services in NSW. There are green and orange themes to highlight falls prevention, and this provides colour and vibrancy to activities.

This year the Deputy Premier and Minister for Health Carmel Tebbutt attended a special April Falls Day event in Martin Place in Sydney, to promote the benefits of exercise in falls prevention.

**Minister for Health Carmel Tebbutt with (L to R) Professor Clifford Hughes, Lorraine Lovitt, Professor Stephen Lord and Dr Cathy Sherrington**





# Clinical Excellence Commission (CEC)

The Clinical Excellence Commission conducted a special April Falls Day event in Martin Place highlighting the importance of exercise, which promotes balance exercise to prevent falls in older people. The NSW Health Minister, Carmel Tebbutt attended to lend her support and endorsement. She was greeted by Professor Clifford Hughes, Chief Executive Officer, CEC. A copy of her speech is available at: [www.cec.health.nsw.gov.au/news\\_events/news-aprilfallsday2010.html](http://www.cec.health.nsw.gov.au/news_events/news-aprilfallsday2010.html)

Key experts, Professor Stephen Lord, Prince of Wales Medical Research Institute and Dr Cathy Sherrington, The George Institute for International Health, were present. They led work here in NSW on the best-practice recommendations for physical activity to prevent falls. The recommendation is that exercise should specifically challenge balance and emphasise that older adults need to ensure their exercise routine includes a balance component for an effect on falls prevention.

NSW Health is supporting programs across the state, which provides falls prevention exercise opportunities for older people. At this special event, there were demonstrations of different types of exercises.

Tai Chi Group supported by St Vincent's Hospital has been meeting for over 2 years at The Rex Community Centre at Potts Point (a City of Sydney Council Venue). Fiona Black the instructor is a Master Trainer with Dr Paul Lam's Tai Chi for Arthritis program. This group was established to address the need for an evidenced-based physical activity program for older people. Tai Chi has been proven through much research to increase balance and strength through seemingly gentle moves. Many participants report feeling not only better balance and strength in every day activities but also in mental health - they say it is great for stress management, and relaxation.

Sally Castell, Physical Activity Co-ordinator, Northern Sydney Health Promotion has had extensive experience in developing physical exercise programs for older people. She led leading a group the 'Exercise Motivators' who demonstrated a range of different exercises for older people.



Margaret Armstrong, Lorraine Lovitt  
Esther Vance, Cathy Sherrington  
and Stephen Lord



Above: Sally Castell leading the Exercise Motivators. Right: Tai Chi led by Fiona Black



# Snapshot of April Falls Day Events by Area Health Service

## Northern Sydney Central Coast Area Health Service

On Thursday 1 April, all public and a number of private hospitals participated in the celebration of April Falls Day – it was a sea of orange everywhere! Orange themed displays were evident in all hospital foyers with lots of information to raise awareness of the significance of falls and how to prevent them. Our Central Coast hospitals took part in a competition for the best decorated ward. The new NSCCH post-falls sticker was launched on the day as part of an area wide rollout. Our in-patients received our new 'Prevent a Fall' magnet, a special falls prevention bookmark, plus pens, brochures and other orange goodies.

April Falls Month was celebrated by holding seminars and trade expos at venues on the Central Coast and Northern Sydney. The target audience was staff of acute, residential care and community service providers who work with older clients/patients. The topics were themed towards unusual issues regarding medications and nutrition relating to CALD considerations or illness, in relation to fall prevention, plus the ever popular 'Falls Prevention101'; and innovative approaches to exercise using video game technology.

Community service providers were provided with orange goodies for their staff and clients during the month of April. Anglican Retirement Villages in Northern Sydney participated in an orange-themed April Falls Month in their facilities across NSCCH, as part of their successful Better Balance Challenge.

NSCCH was also fortunate to be involved in the CEC April Falls Day launch at Martin Place, inclusive of Sally Castell and her 'Motivators'.





**Kiama Hospital Staff Falls Patrol**

## South Eastern Sydney Illawarra Health Service

Many staff across the Area Health Service put their best foot forward to arrange, promote and participate in various events and activities for April Falls.

April Falls - the annual falls prevention awareness state-wide drive - events and activities aim to raise awareness of the importance of preventing falls, particularly for the elderly, in hospitals, residential aged care settings and the community.

April Falls activities, including displays, posters, patient information and staff education sessions were held at hospitals and community health centres across each of our Hospital Networks. The Health Promotion Falls Prevention teams also ran activities in Botany and Milton-Ulladulla area.

## Southern Hospital Network

Falls Prevention Advisory Group for Southern Hospital Network arranged for a number of foyer displays in hospitals aimed at staff and visitors. They held a competition between the nine hospitals in this Network vying for the titles of best display; best innovative approach to clinical practice change in falls prevention; best risk management activity and best demonstration of minimisation strategies in falls prevention. The Prize Winners for the 2010 April Falls Day Competition were:

- Overall Perpetual Trophy Winner – Milton-Ulladulla Hospital
- Best Innovative Approach to Clinical Practice Change – Wollongong Hospital
- Best Risk Management Activity – Bulli Hospital
- Best Community Health Centre Activity – Warilla Community Health Centre

Certificates of Appreciation were given to Hospitals and Community Health Services that participated in April Falls Day 2010.



**Bulli Hospital Staff dressed in Jack and Jill theme for Falls Prevention**

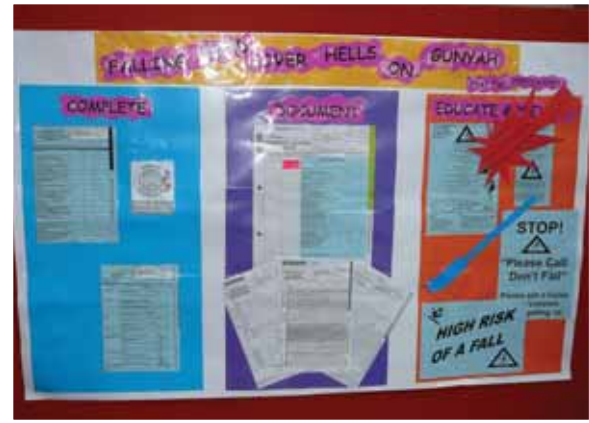


**David Berry Hospital Palliative Care staff at their falls prevention ward display**

## Central Hospital Network

Staff arranged foyer displays for staff and visitors and guessing competitions on the number of patient falls. There were also quizzes for staff on patient falls risk screening and how to manage a patient who has fallen. St George Hospital saw over 120 staff attend the falls information stand, and on 1 April falls prevention brochures were also handed out to all inpatients together with their menus.

Sutherland Hospital's poster competition was won by Gunyah Ward for their abstract and poster for upcoming Australian and New Zealand Falls Prevention Conference. St George Hospital also awarded a prize to the ward with the most improved patient falls rate in the last year. They also provided a thank you afternoon tea to the "falls volunteers" placed in rooms with high risk falls patients to observe and interact with these patients.



Sutherland Hospital Gunyah Ward poster

## Northern Hospital Network

Both Prince of Wales (POW) and Sydney/Sydney Eye hospitals held falls prevention poster competitions between wards. At POW, the winning poster was awarded to PB5 Ward for their poster on bathroom safety. In addition, staff education sessions were conducted at both hospitals on topics such as patients' medications and falls risk and lessons to be learned from reviewing serious patient falls incidents.

At St Vincent's Hospital (SVH) staff arranged an April Falls stall which I am told was very well attended. SVH staff also conducted balance and home safety checks to visitors of the Hospital, and have committed to wearing 'No-falls' t-shirts until the end of their April Falls Month promotion.

## Health Promotion Service

The Health Promotion Service Falls Prevention team in the Southern Sector together with Rural Communities organised a community event at Ulladulla Civic Centre, which included a free one hour strength and balance training exercise class.

The Health Promotion Falls Injury Prevention team at the Northern Sector partnered with Botany Bay Council and POW Community Health Centre staff to arrange a community event, which included presentations from a number of health care providers with a focus on falls prevention, strength and balance five training, home hazards and healthy ageing. This community event also proved beneficial in collecting information from 150 participants on how we can promote falls prevention and exercise classes within the local community.

Health Promotion team staff contribute to primary prevention of falls in older people through their support of establishment of exercise classes with a balance component in the community and capacity building of fitness providers, NGO staff and volunteers.

*SESIAHS snapshot from an extract from C E newsletter communications, reprinted with permission*



Winning poster at Prince of Wales Hospital



St Vincent Community Health Staff



TACT Safe Footwear Display

## Further reports...

### St Vincent's Community Health

St Vincent's Community Health began its April No Falls activities on April 1 with a stall in the hospital foyer that attracted lots of interest from patients, visitors and staff. The Community Health Team also visited the wards, ED and outpatients spreading the word about falls prevention and promoting our Stepping On programs.

We also attended the Clinical Excellence Commission event on April 1st in Martin Place with our energetic Tai Chi group who gave an excellent demonstration of the tai chi for arthritis program.

This year we emphasised safety when undertaking home maintenance, (using ladders etc) which fitted in well with our attendance at the Woollahra Council Seniors event (Mens Pit Stop) that was focussed on mens health.

We also ran a stall in partnership with Sydney Hospital that was really successful- we canvassed the wards and clinics as well as the general public.

Staff will continue wearing their "Stay On Your Feet" t-shirts when out running groups as well as visiting a range of City of Sydney council venues to run promotional stalls.

### Wollongong Community Health Centre

- Eighteen people signed attendance record however nursing staff indicated that additional six groups visited without signing attendance record.
- Community Health Nurses were available to provide information and education about falls prevention.
- Falls Prevention display where participants were provided with information and resources, focusing on falls risk factors and strategies including local exercise information and healthy ageing.
- Referral opportunities to SHN falls programs: Stepping on program: Physiotherapy Dept.
- DVD presentation was shown titled staying active, staying safe which was available to order. One participant requesting order form.
- Quickscreen falls risk assessment were attended, no risks identified.

### Bulli Community Health Centre

Display and information on falls risk factors and prevention strategies.

### The Ambulatory Care Team (TACT) Northern Illawarra

- Display located in TWH main foyer area, Approximately 50 people visit the stall to request information and ask for assistance.
- Information and assessments were attended by TACT Physiotherapist.
- The Athletes Foot store provided a display on safe footwear. Also a display by Bunnings on shower chairs bathmats and prevention of slipping products for the surfaces and steps.
- Raffle prizes.
- TACT staff held a promotion on the 8th of April on safe footwear from The Athletes Foot, Crown Central and encouraged staff and visitors to the stall.

## Warilla Community Health Centre

- Community Health Nurses and Aboriginal Health Workers provided falls prevention information and QuickScreen falls risks assessment to participants of Aunty Jeans Program at Berkeley Community Centre.
- 12 participants attended the program this day. 50% of participants took part in the QuickScreen assessment.

All participants were provided with information and resources, with home safety and management of health conditions featuring most interest.

## Nowra Community Health Centre

Community Health Nursing team held a Community based falls prevention display during April.

## Ulladulla Community Centre

- Forty eight people attended the free strength and balance training exercise class held at Ulladulla Civic Centre.
- Falls Injury Prevention Team staff, Community Health staff and a Fitness Leader were available to provide information and education about falls prevention.
- An information booth was displayed where participants were provided with information and resources, focussing on strength and balance training, local exercise information and healthy ageing.
- Three ten week strength and balance programs were promoted at the event with thirty nine participants expressing interest in the program.
- A feedback questionnaire was provided to participants.
- Participants were given the opportunity to be part of a text messaging trial which uses text messages to provide people with information about falls prevention.



Aunty Jeans program



Ulladulla Strength and Balance Training Class



Fairfield Hospital Staff



Best dressed winner  
Gayle Alott Ward 2G



Competing in the Stand 2 Sit challenge  
(L to R) Anthony Schembri (General Manager Bankstown Hospital), Carol Farmer (Director of Nursing) and the Hon Jason Clare (Federal Member for Blaxland)



Balmian Hospital Falls Debate

## Sydney South West Area Health Service

SSWAHS April Falls Day 2010 had many of the facilities and community organise demonstrations, displays and exercise programs. Staff from the Executive at Fairfield and Bankstown Hospital wore 'green' to highlight and support falls awareness and members of the public participated in 'Sit to stand' demonstrations with the Physiotherapists. Balmain Hospital held a debate on 'A Fall from Grace? That Women Fall More Gracefully then Men'. The 'green theme' was followed through in many areas with balloons, green coloured cakes and activities on the final day (Fairfield Hospital) being an obstacle course and the judging of the best decorated Ward to raise falls awareness on their door!

### Fairfield Hospital

A Number of activities were run at Fairfield Hospital including the launch on Friday April 9 of the "Don't Trip or Slip" campaign. Staff were encouraged to wear green every Friday during the month of April. There were also falls quizzes for staff and displays of falls prevention information in the main foyer. Book marks with falls prevention messages were given to patients on admission and in outpatient departments.

Commencement of Falls Calendar and area floor plan to map the falls for a 3 month period - this is a visual display for staff to see and hopefully will show staff any high risk areas, falls patterns and increase falls prevention awareness.

April Falls Month will culminate with a Sausage sizzle and green cordial day on Friday April 30th and will include an obstacle course "On the Greens" (this is for staff to realise the obstacles that are in a patients way when they negotiate getting out of bed and walking around their room, to the bathroom or in the corridors), there will also be the announcement of competition winners.

### Bankstown Hospital April Falls

Bankstown Hospital turned green in aid of raising awareness into Falls Prevention. Activities included the Stand 2 Sit Challenge, Falls Quiz and best dressed. The Hon Jason Clare Member for Blaxland and Anthony Schembri, General Manager Bankstown Hospital and Director of Nursing Carol Farmer launched the event and competed in the Stand 2 Sit challenge. Patients and visitors had the opportunity to visit the Falls display in the foyer and have a falls risk assessment test conducted by a physiotherapist.

### Balmain Hospital

The Balmain Hospital Falls Lecture Series for April Falls Month was a high priority for Balmain clinical staff. Participation and delivery of the learning was multidisciplinary, the highlight being the inaugural great debate titled "A Fall from Grace? That Women Fall more Gracefully then Men".

The debating teams were of mixed gender, multidisciplinary with medical, nursing and allied health staff and a first time experience for some!

The teams were supported by around 65 staff, including students on clinical placements, and the Clinical Excellence Commission QSA Auditors on site for the day. The debate was informative and fun and a great team building exercise for staff.

## Sydney West Area Health Service

April Falls Day/Month activities in Sydney West Area Health Service included:

- Article placed in the SWAHS newsletter with information on what prevents fall injuries and a reminder to Hospital staff that they receive training in the SWAHS Hospitals Falls Policy.
- A message placed in all SWAHS payslips which read:
  - 1st April Falls Day-prevent an injury for patients and you!
  - Stay active and maintain healthy bones.
  - Falls prevention is everybody's business
- A forum on Delirium was held at Westmead Hospital on April Falls Day which included an overview of delirium by a Geriatrician and management of delirium by a nurse educator. This forum was attended by medical, nursing and allied health staff.
- A number of SWAHS hospitals had displays with falls prevention information.



**Dementia Forum (L to R) Shin Hwa Kang-Breen, Nurse Educator; Dr Poorani Muruganatham, Geriatrician; Todd McDougall, Servier Laboratories; Jenny Bawden, SWAHS Falls Injury Prevention Co-ordinator**

## Auburn Hospital

The annual April Falls Day health promotion program was supported this year by a demonstration by the local Chinese Community Tai Chi group. This inspirational group of women provided a serene demonstration of Tai Chi in the courtyard of the hospital, which was watched through the windows above by patients, staff and visitors.

The health and fitness benefits of the exercise cannot be underestimated. We are now working towards establishing a lunch time Tai Chi Class for staff.

Many thanks to John, Senior CNC and Theresa Chow (Community Health Ethnic Worker) for organising this April falls Day event. Special thanks to the ladies of the Auburn Chinese Tai Chi Group for their time and commitment on April 1st.



**Exercise that challenges balance is the single most effective intervention to prevent falls in older people**



**Tai Chi demonstration in Auburn Hospital courtyard**



**Members of the local Chinese Tai Chi group**

## Greater Western Area Health Service

Greater Western AHS celebrated April Falls Day with a number of activities across the area.

Orange Base Hospital provided information for patients on Falls Prevention with the meal trays, held an information stall in the main foyer and managed to get some television media coverage of the event.

Ivanhoe in the remote area of the AHS celebrated with all things green, setting up an information stall at the post office and cutting the green cake for morning tea while informing the community on falls prevention which was reported in the local paper.

April Falls Day was advertised widely throughout the AHS with all facilities 56 in total having posters, staff quizzes and information for patients including Collarenebri, Coonamble and Molong Health services.

Menindee another remote community also participated in April Falls Day by providing information to the community and Eugowra a small community between Orange and Forbes had a community awareness day providing information of healthy lifestyle activities and falls prevention. Forbes and Parkes Community Health centres have provided information on falls prevention and performed Quickscreen on community clients to assess falls risk. Parkes Health Service actively participated in activities with nursing and physiotherapy working collaboratively providing education on falls prevention.

April Falls Day will be showcased in the winter edition of the Health Promotion newsletter.



Ivanhoe's tree of knowledge

## Dubbo Base Hospital

Week of April 1st, 2010, display in the main Foyer, Cafeteria and in wards:

- Posters distributed to all Falls Committee members and relevant Department Managers.
- Posters & other display items distributed to S Block, G Ward, Cafeteria & Physiotherapy to put up a display and distribute the find-a-word and resources to staff.
- Green theme, to match NSW Falls Management Colour.
- All patients received a green serviette, menu and April Falls Day 2010 find-a-word on their lunchtime meal tray.
- Catering displayed April Falls Day Posters on every Meal Delivery Trolley on April 1st, 2010.
- Handouts from CEC to place on display – Falls home checklist, glasses, footwear, diet, clothing, strengthening exercises. Members of the public are welcome to take the information from the foyer and staff will benefit from reading it in their work areas.

## Ivanhoe Health Service

In keeping with the Green theme and Ivanhoe local Community Spirit, Ivanhoe Health service staff held a very successful Falls Prevention Morning tea with activities outside the local Post Office under the big green Peppercorn Tree (Ivanhoe's 'Tree of Knowledge').

The event was advertised in the local 'Monday News' (published at the Ivanhoe Central school & as Ivanhoe's only newspaper is widely read & distributed through the whole community.) A 'falls prevention in older people's quiz and a 'find-a-word' on falls prevention was printed in the "News" as well as the invitation for people to attend.

The event was held on April Falls Day April 1st with both staff members, TAHW Nicole Hughes and RN Rona Garrie dressed in Bright Green T-Shirts and morning tea consisted of Green Cup Cakes, green biscuits and delicious fresh bread sandwiches featuring green fillings.

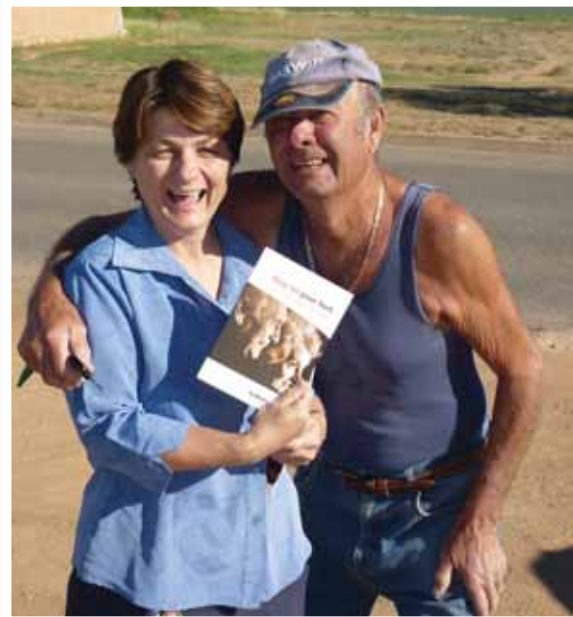
The display attracted over 25 locals and visitors who were given Falls information on how to "Fall Proof your Home" and other information to prevent falls as well simple 'balancing exercises were demonstrated'.

## Menindee Health Service

Two teams of people visited our elderly people at home as well as visiting the ladies craft group. Around 33 people were visited in and around Menindee and talked to about the booklet and falls prevention.

## Health One Molong

A Falls Prevention information morning was held at Health One Molong. This event was advertised in the local paper as well as flyers in shops and local Doctors surgeries. A display board with falls prevention information was set up in the foyer of Health One at Molong. The information morning was attended by 20 people (12 were male) and featured presentations by an Occupational Therapist (OT) on falls risk factors both intrinsic and extrinsic, a dietician on diet particularly the importance of calcium and vitamin D and a physiotherapist who led a Tai Chi session. A range of information was provided for participants. The session was evaluated and responses were very positive with all participants enjoying the session and finding it very informative. All participants were followed up by phone and offered a home assessment by an OT. Two articles on the event were published in the local Molong Express newspaper.



**Barbara Turner Nurse Practitioner,  
Menindee Health Service and Joe Muscat**

## Hunter New England Area Health Service

Six centres within the Hunter New England Area Health Service conducted an April Fall month event called "the Balance Challenge". The format over the month included weekly guest speakers who spoke about nutrition, benefits of strength and balance exercise, practical environmental tips and home safety. Classes included a series of balance tasks which were repeated at the end of the month. Classes also included education, handouts and discussion within the groups, and homework was handed out to clients. Incidental exercise was taught for clients to perform everyday at home. At this stage I have not had feedback from the groups, only my own. Clients report they are more confident, better informed, they feel stronger and feel better addressing the issues of falls injury prevention.

### John Hunter Hospital

A multidisciplinary group of nurses, physiotherapists and occupational therapists at John Hunter Hospital and the Royal Newcastle Centre, had a foyer display at the main entrance to the Royal Newcastle Centre on Friday 9 April. The display included information on safe footwear and mobility aids, vision and osteoporosis. A local Tai Chi group provided a demonstration in the foyer and the pianist played relevant theme music. In the afternoon an education session for nursing staff was provided which included a role play followed by a large Humpty Dumpty cake which was also distributed to nursing staff across several wards and units.

### Tamworth Hospital

For April falls day/month Tamworth Hospital ran a falls quiz over the month for the second year in a row. The questions were designed to test staff knowledge of falls prevention issues whilst also providing some falls prevention education. Humpty Dumpty chocolate eggs and bottles of wine were awarded to selected correct entries. Falls month was also used to promote a new poster created by the hospital falls working group to educate patients on how to prevent slipping in showers as well as the appropriate footwear to be worn in hospital. These have been placed in patient bathrooms. The Rehabilitation Unit also set up a display of falls prevention information targeting staff/ patients and visitors.

### Narrabri Community Health

To promote falls prevention and awareness on April Falls Day 2010, staff from Narrabri Community Health set up displays in the local Health Service and Community Health Site foyers.

The display consisted of 'Make a Move' brochures, information on nutrition, falls prevention in the home, a safety checklist and a guide to preventing falls in older people. The diversional therapist and occupational therapist used the display as a forum to promote and recruit members for their upcoming 'Stepping Out' project.

This project includes pre and post testing using the QuickScreen falls risk assessment tool. Topics to be covered include: balance and strength exercises, vision and falls, medications, pedestrian safety, footwear, home hazards and home modification.

It will be run over a six-eight week period and is open members of the public and those identified as being of high risk of falls through the health service. During the program a range of local professionals will be involved including a physiotherapist, dietitian, community nurse, exercise physician, pharmacist, and the Guide Dogs Association.

The program is being run weekly at Narrabri Community Health.



Narabri community health display

## North Coast Area Health Service

### Macksville Hospital

Commencing on 1st April 2010 all falls will be mapped for a 3 month period.

Macksville Hospital Falls Data shows an overall decrease from 2007 however we had an increase from 2008 to 2009. This shows that although we have made fantastic inroads we are currently on the rise.

In an attempt to reduce falls, and subsequent harm to patients, raise awareness and gain a better understanding of where the falls occur and why (environmental / physical / cognitive) we will then be able to move to a proactive falls prevention model rather than the current reactionary model (do something after the fall occurs).

So how are we going to do this?

- A location map of the facility will be displayed in General Floor, together with a range of coloured stick on dots. When a fall occurs a sticker (of the appropriate colour) will be placed on the locator map by the person reporting the fall on IIMS.
- The colour of the sticker used will indicate if the fall:
  - Resulted in injury requiring diagnostic/medical treatment
  - Resulted in a skin tear
  - Involved hitting the head (must have neuro obs)
  - Actual event with no harm
  - Unwitnessed.
- The number of days since the last fall occurred will be tallied daily and displayed by the NUM.
- Each time a fall occurs a chart audit will be conducted to ascertain;
  - Falls assessment completed and / or updated
  - Falls prevention strategies are documented and appropriate for the falls risk level
  - Environmental alerts are in place (signage)
  - Documentation indicates what action was taken immediately post fall and falls prevention strategies reviewed and / or updated.





Monique Johns and Kylie Kearns



Lorraine Lovitt, Monique Johns and Kylie Kearns provide staff with information on falls prevention



## Port Macquarie Base Hospital



Display of materials on Falls Prevention in Hospital foyer at Port Macquarie Base Hospital.

## Greater Southern Area Health Service

This year for April Falls Day, Greater Southern Area Health Service focused on a mini media blitz. The media articles were picked up by several local papers and one radio station. The main concept of the article was to highlight the availability of both Tai Chi and Gentle Exercise classes through a network of over 100 volunteers offering programs for seniors to stay fit, meet new friends and enjoy good health. The Greater Southern Falls team is happy to report that physical activity for seniors to reduce falls is now becoming a reality in the country areas of southern NSW.

# Anglican Retirement Villages

Anglican Retirement Villages (ARV) supported NSW Health's April Falls Prevention initiative for the second year. Once again, we went orange and many of the Residential Aged Care Facilities had falls prevention information sessions for the residents, their families and staff.

This year we adopted Sydney West's Balanced, Fit and Strong campaign message by asking our residents to be more active, eat more dairy foods for healthy bones, get more sunshine to increase their Vitamin D and do strength and balance exercises daily. We had over 825 people join in the Balanced, Fit and Strong challenge, including 734 independent living residents, 68 hostel residents and 20 community non-residents.

On 16th April Noeline Brown, the Ambassador for Ageing, attended an April Falls Month morning tea for the residents at Woollooware Shores. She spoke about the benefits of being an engaged older person by keeping both physically and mentally active.

April Falls Month activities also took place at Gowrie Village at Gordon and Elizabeth Lodge at Rushcutters Bay.

As an organisation ARV is committed to the Better Balance Program to prevent falls of not only our residents but those older people living in the community.



**Guests at Woollooware Shores April Falls Month Presentation**



**Elizabeth Lodge, Tangerine Dream Ball, Bobbi and Richard**



**Gowrie Village Staff**



**Woollooware Shores April Falls Month**



**Noeline Brown, Ambassador for Ageing at Woollooware Shores April Falls Month event**

## 2010 NSW FALLS PREVENTION NETWORK MEETING

Wednesday, 23rd June 2010

9:30am-4:30pm

*Venue: Mathews Theatres & Pavilions  
University of NSW*

### ***SPECIAL FOCUS: DEMENTIA AND FALLS*** ***Plenary Speakers***

*A/Prof Jacqueline Close-Dementia and falls prevention*

*Dr Eneida Mioshi -Frontotemporal dementia (FTD)*

*Ms Isabel Baker- Management of dementia patients*

*Ms Daneill Haberfield-Practical approaches for dementia care*

*Professor Stephen Lord—Update on the research evidence*

*Ms Lorraine Lovitt - Resources for Health Professionals and Consumers*

*Ms Joanne Smith- NSW Health Falls Prevention Plan 2010-2014*

*Dr Wendy Watson—The cost of falls in NSW*

### ***Afternoon Concurrent Sessions***

*Facilitated Sessions with short presentations and discussion time:*

- *Hospital*
- *Community*
- *Residential Aged Care*



Who should attend:  
Staff from the following settings-  
Community/Population Health  
Health Promotion, Residential  
Aged Care and Hospital.

# Call for abstracts



4th Australian & New Zealand  
Falls Prevention Society Conference  
21-23 November, 2010



Venue: St David Lecture Theatre Complex, University of Otago, Dunedin, New Zealand

## Programme

**Online registration now open:**

[www.otago.ac.nz/fallsconference/registration.html](http://www.otago.ac.nz/fallsconference/registration.html)

**Online submission of abstracts:**

[www.otago.ac.nz/fallsconference/abstracts.html](http://www.otago.ac.nz/fallsconference/abstracts.html)

**30 June 2010**

Closing date for submission of abstracts

**31 August 2010**

Notification of accepted abstracts

**20 September 2010**

Closing date for early registrations

**Conference topics include:**

Falls research methodology  
Health technologies  
Prevention initiatives (community, nursing care facilities, hospitals)  
Risk factors and assessment  
Translating research evidence into practice  
Understanding balance  
Value for money from falls prevention

**Plenary: Building on the evidence**

Stephen Lord  
John Campbell  
Clare Robertson  
Ngaire Kerse

**Plenary: Falls prevention in high risk groups**

Karim Khan  
Terry Haines  
Jacqueline Close

**Plenary: Looking to the future**

David Buchner  
Stuart Smith  
Hylton Menz

**Pre-conference workshops (optional extra):**

[www.otago.ac.nz/fallsconference/workshops.html](http://www.otago.ac.nz/fallsconference/workshops.html)

**Conference dinner (optional extra):**

Larnach Castle

**Morning exercise session (optional extra):**

Guided walk, Tai Chi class

**Programme outline available at**

[www.otago.ac.nz/fallsconference/programme.html](http://www.otago.ac.nz/fallsconference/programme.html)

Contact for sponsors and exhibitors: [ali@akblimited.co.nz](mailto:ali@akblimited.co.nz)

"Meet the Experts" session topics to: [clare.robertson@otago.ac.nz](mailto:clare.robertson@otago.ac.nz)

We look forward to welcoming you to Dunedin, New Zealand. Register now!





[www.fallsnetwork.powmri.edu.au](http://www.fallsnetwork.powmri.edu.au)

### **NSW FALLS PREVENTION NETWORK BACKGROUND**

The NSW Falls Prevention Network has existed since 1993. The role of this network has grown since its inception and now includes:

- Meetings for discussion of falls related issues;
- Dissemination of research findings both local and international;
- Sharing resources developed and exploration of opportunities to combine resources in joint initiatives;
- Encouragement of collaborative projects and research;
- To act as a group to influence policy;
- To liaise with NSW Health to provide information on current State/Commonwealth issues in relation to falls and
- Maintenance of resources pertinent to the field

The main purpose of the network is to share knowledge, expertise, and resources on falls injury prevention for older people.

**The NSW Falls Prevention Network activities are part of the implementation of the NSW Falls Prevention Policy funded by the NSW Department of Health**

## **NETWORK INFORMATION**

### **JOINING THE NETWORK**

To join the NSW Falls Prevention Network listserv :

- Send an email to :  
[majordomo@lists.health.nsw.gov.au](mailto:majordomo@lists.health.nsw.gov.au)
- In the body of the message type **subscribe nsw-falls-network** on the next line type **end**
- Do not put anything in the subject line
- You will receive an e-mail to confirm you have been added to the listserv
- To unsubscribe send an e-mail to the above address and in the body of the message write **unsubscribe nsw-falls-network** on the next line type **end**

If you have any problems contact Esther at [e.vance@powmri.edu.au](mailto:e.vance@powmri.edu.au).

### **SHARE YOUR NEWS AND INFORMATION/IDEAS ON FALLS PREVENTION**

Do you have any news on Falls Prevention you want to share with others on the network, or do you want to report on a project that is happening in your area.

Please email Esther with your information. We also welcome suggestions for articles and information you would like to see in this newsletter.

Send your information to [e.vance@powmri.edu.au](mailto:e.vance@powmri.edu.au)

### **THE NETWORK LISTSERV**

It is great to see the increased activity on the listserv and want to continue to promote this. To send an item to the listserv where all members of the network can see it, send an email to: [nsw-falls-network@lists.health.nsw.gov.au](mailto:nsw-falls-network@lists.health.nsw.gov.au)

You need to be a subscriber to the listserv to send an email that will be distributed to all members of the on the listserv. Remember to put a short description in the subject line.

Recently some posts to the listserv have bounced due to email address changes in the area health services, you need to re-subscribe with your new e-mail address and unsubscribe from your old address following the Join the Network instructions as shown on this page.