Falls Resources for Community Care

Policy

NSW Ministry of Health: *Prevention of Falls and Harm from Falls in Older People 2011-2015.*


Evidence Based Guideline


Community Resources

Staying active and on your feet - booklet produced by NSW Health for patients and carers, includes health and lifestyle checklist, strength & balance exercises to do at home, home safety checklist, and how to get up from a fall.


Staying active and healthy to prevent falls – Home based balance and strength exercise DVD. A physiotherapist explains the strength and balance exercises that can be done at home with two older people demonstrating these exercises. The final section is a physiotherapist who was part of the team that developed the LiFE (Lifestyle Functional Exercise Program) program showing how these exercises can be incorporated into daily life. The video can be accessed at [http://www.activeandhealthy.nsw.gov.au/](http://www.activeandhealthy.nsw.gov.au/)


Exercise Resources

- **Active and Healthy website**: [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au) this website contains a database of exercise programs in NSW that include sufficient strength and balance components for falls prevention. The programs can be accessed by suburb/town and provide information on location, time and cost of classes and contact information and other relevant details.

- **Best-Practice recommendations for Physical Activity to Prevent Falls in Older People** - this report commissioned by the Ministry of Health to answer questions around the types, frequency and intensity of physical activity that are most effective in reducing the risk of falls in older people. The report can be accessed at [http://fallsnetwork.neura.edu.au/wp-content/uploads/2014/02/aaa-sax-pa-falls.pdf](http://fallsnetwork.neura.edu.au/wp-content/uploads/2014/02/aaa-sax-pa-falls.pdf)

- **Stepping On** – [http://www.steppingon.com/](http://www.steppingon.com/) this website provides information and resources on the Stepping On program.

- **LiFE (Lifestyle Functional Exercise) Program** – this evidence based program incorporates balance and strength training into everyday activities. For further information and to purchase a training manual and participants manual go to: [https://sup-estore.sydney.edu.au/jspcart/Search.do?searchTitle=Life&searchAuthor=Clemson](https://sup-estore.sydney.edu.au/jspcart/Search.do?searchTitle=Life&searchAuthor=Clemson)
Falls Risk Tools

- **FROP-Com Falls Risk Screening Tool**
  This is part of the Community Care package being developed by the CEC to assist community care settings to meet the National Safety and Quality Health Service Standards (NSQHSS) Standard 10: Preventing Falls and Harm from Falls. Other elements of the package include a flow chart and a post fall guide. These can be accessed at: [http://www.cec.health.nsw.gov.au/programs/falls-prevention/resources-community](http://www.cec.health.nsw.gov.au/programs/falls-prevention/resources-community)

- **QuickScreen® Falls Risk Assessment Tool**
  This tool has been validated for use in the community setting. This is a multifactorial risk assessment tool that measures a range of falls risk factors including, previous falls, medication use, vision, peripheral sensation, balance and co-ordination. QuickScreen costs $A310 plus postage (within Australia $A12 per kit) and is available from the Falls and Balance Research Group, Neuroscience Research Australia at: [http://www.neura.edu.au/research/facilities/falls-and-balance-research-group/quickscreen](http://www.neura.edu.au/research/facilities/falls-and-balance-research-group/quickscreen)

Home Safety Check List

- **Staying active and on your feet**- this booklet includes a home safety checklist and health and lifestyle checklist, Copies can be ordered from: Active & healthy website: [http://www.activeandhealthy.nsw.gov.au/your_active_and_healthy_guide](http://www.activeandhealthy.nsw.gov.au/your_active_and_healthy_guide)

Presentations on CD ROM

- **NSW Falls Prevention Network Forum 2015**- the plenary presentations at this forum held in May 2015 were filmed and are available on DVD.
  These CDs can be ordered by emailing Esther Vance, e.vance@neura.edu.au, there is no charge.

Websites

  This website enables you to find Falls Prevention Exercise Programs in your local area, includes simple and essential home based exercises, health and lifestyle checklist and tips and home safety checklist.

- **NSW Falls Prevention Network**- [https://fallsnetwork.neura.edu.au](https://fallsnetwork.neura.edu.au)
  This website provides useful resources and information on falls prevention including policy, guidelines, reviews, newsletters, resources and meeting presentations.

- **Clinical Excellence Commission**: NSW Falls Prevention Program
  This website contains a summary of the NSW Falls Prevention Program with information and resources to assist Local Health District staff to prevent falls and harm from falls in their setting. These resources include:
  - One page summaries: Community Best Practice guidelines and patient/client flyers
  - April Falls Day information and resources

- **NSW Multicultural Health Information Service**
  This website has a range of resources around falls prevention in a range of CALD languages these include one page summaries on staying active, improving balance, making the most of your eyesight, prevent falls in public places, stay on your feet with safer shoes, home safety for falls prevention, these can be accessed at: [http://www.mhcs.health.nsw.gov.au/publicationsandresources#b_start=0&c1=Falls&c1=Injury+prevention](http://www.mhcs.health.nsw.gov.au/publicationsandresources#b_start=0&c1=Falls&c1=Injury+prevention)