Stepping On Program and the Aboriginal Population – Supporting Local Partnerships

Carly Barnes – Stepping On Coordinator, MLHD
What is Stepping On?

- Evidence and group based multifactorial falls prevention program
- Community dwelling older people who have experienced a fall or are fearful of falling
- Supported by NSW MoH
- Facilitators are health professionals – OT, PT, Community Nurses, AHA
- 17 towns across the LHD with trained facilitators
- Over 70 programs run over last 3 years
- 7 weekly sessions, 2 hours
- Adult learning principles
- Guest presentations from a range of health disciplines
The Aunty Jeans Deadly Health Program

- Chronic disease prevention and management program
- Specific for Aboriginal and Torres Strait Islander people living across NSW
- Includes health checks & education sessions, healthy eating, exercise and social interaction
- Encourages weight loss, improving disease management, health awareness, social and emotional well being
- Runs on a weekly basis in Albury
Identifying the need for a partnership approach

1. Gap in falls prevention interventions with ATSI people
2. Albury was chosen as a trial location
3. HP staff and AHEO had initial conversations
4. Aunty Jeans group identified, participants mostly fitted the criteria
5. Interest of participants gauged
6. Partnership developed
7. Mercy Health Alb already providing services to AJ group
8. Identified the need for assistance to implement
9. Roles of partners established
10. Program implemented
11. Program outcomes assessed
Integrating the programs

- Existing AJ program participants were involved
- MHA Allied Health staff delivered the program
- Guidance from Aboriginal Health workers
- Implemented into one term
- Two, one hour sessions split by half hour lunch break
- Guest speakers were sourced from local Aboriginal Services
Overcoming predicted challenges

• Program relevance
• Aboriginal specific resources
• Age group of participants
• Timetable for Aunty Jean’s activities and Stepping On
• Attendance
Outcomes of the program

- Participant feedback good
- Guest presenters felt the participants were engaged in content
- Discussion style of learning well received
- Participants reported enjoying program, reported completing home exercise program
- Participants were keen for referrals to other services after SO, particularly for home visit by OT
- Were able to identify falls risks in program environment
- Deemed that the content used was culturally appropriate
- 50% of the registrants completed the program – attended 5 or more program
Outcomes of the partnership

- Increased sustainability of SO through integration with Aunty Jeans
- Increased skills and cultural competence of Mercy Health Albury workers
- Increased knowledge and skills of AHEOs about SO
- Effective use of resources through integrated care and skills transfer
- Increased awareness for participants on services available in the community
- Decreased barriers for accessing these services
- This model of partnership motivates to explore future partnerships in other towns
Message from Neville Simpson, AEHO

• Very useful to most participants as they have had falls, trips and balance issues.
• Information sessions informative which led to great group discussions
• Presenters were engaging to the group
• Ensure consideration of Aunty Jeans core activities when planning future collaborations.
• Looking forward to implement SO with the wider Aboriginal community in Albury.
Moving forward in Albury

- Partners determined outcomes
- Objective set to develop program early 2015
- Educate community services
- Implement program with Aboriginal Population in Albury
Moving forward across the District

EOI from AHWs across District

Discussions with interested AHEOs

Partnerships with local service providers

Provide training to AHEOs

- Deniliquin
- Wagga Wagga
- Narrandera
- Lake Cargelligo

• This is the current stage
Summary

• The content of the *Stepping On* program is transferrable to the wider Aboriginal population

• A partnership approach helped to breakdown cultural barriers in the local health services

• Future programs will be implemented across the MLHD
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