



**Health**

Hunter New England  
Local Health District

# Getting on our feet

Glade Vyslysel on behalf of  
Westlakes Community Rehabilitation Team



# Westlakes Community Rehabilitation



Client centred

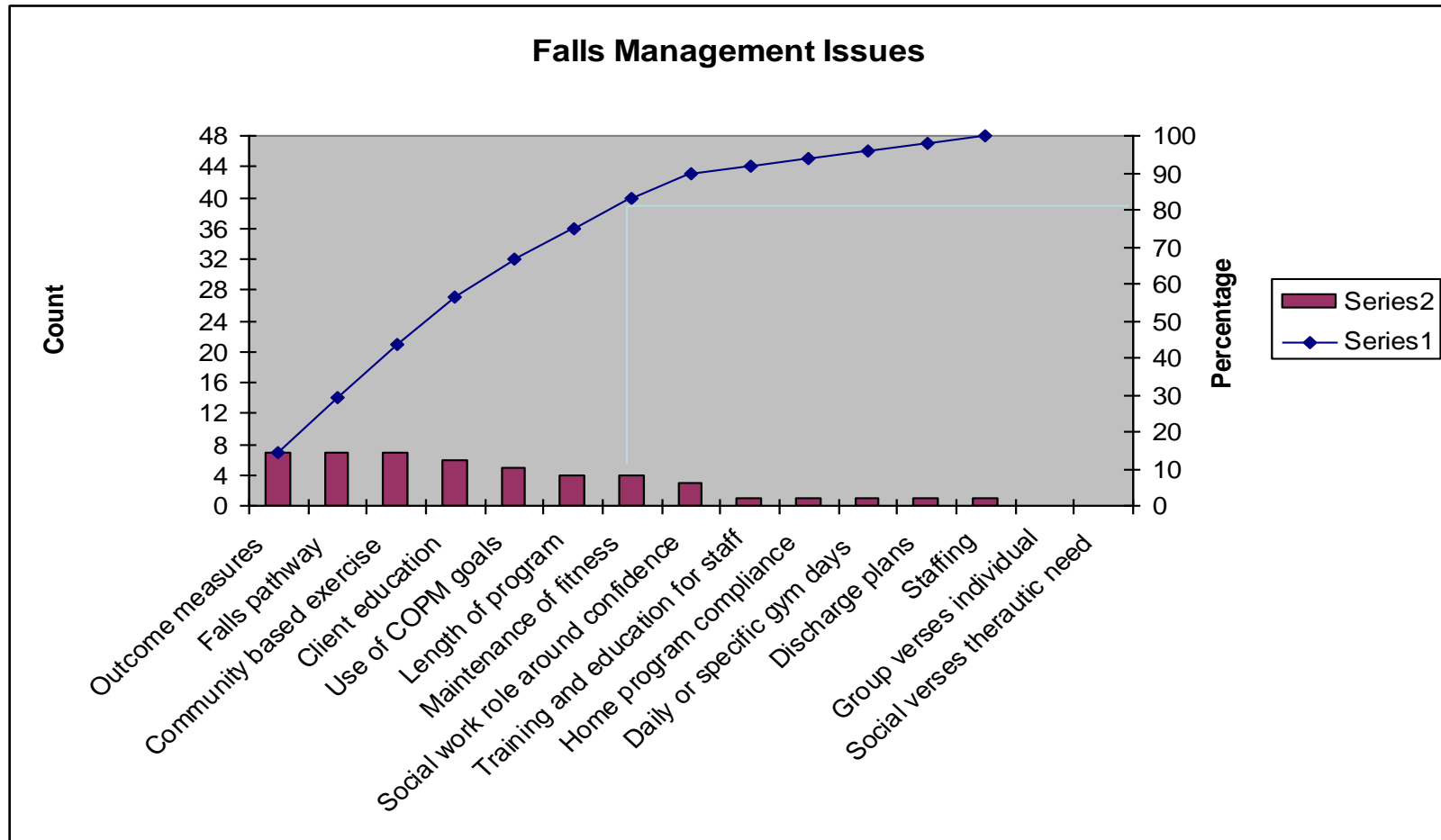
Evidence based

Maintainable

Sustainable



# Falls Prevention WCRT March 2012



# Interdisciplinary Assessment

- Client centred
- Evidence based
- Participation focus



# Canadian Occupational Performance Measure

**Participation Goal: To attend monthly probes and craft groups.**

Occupational Performance Problems	Performance	Satisfaction
Fatigue and exercise tolerance	3	3
Poor balance and falls	3	3
Total	3	3

N.B. The Canadian occupational performance measure is intended for use as an outcome measure. It is an individualised measure designed to detect change in a client's self perception of occupational performance over time.

# Falls Prevention Program

## WESTLAKES COMMUNITY REHABILITATION TEAM GROUP EXERCISE TIME TABLE

NAME: \_\_\_\_\_

09:00 - 09:40	Individual Exercise
09:40 - 10:10	Group Exercise
10:10 - 10:30	Group Discussion
10:30 - 11:00	Circuit

DISCUSSION TOPICS	Date: Comments
FOOTWARE	
EMERGENCY CALL PENDANTS	
EXERCISE AT HOME	
COMMUNITY EXERCISE	
GETTING UP FROM THE FLOOR	(PRACTICAL □)
BALANCE AND STRENGTH	
AGE AND INACTIVITY	
WHO ELSE CAN HELP?	









## MY EXERCISE PROGRAM

NAME: Ruth

For balance exercise, work in the 'challenging' zone.

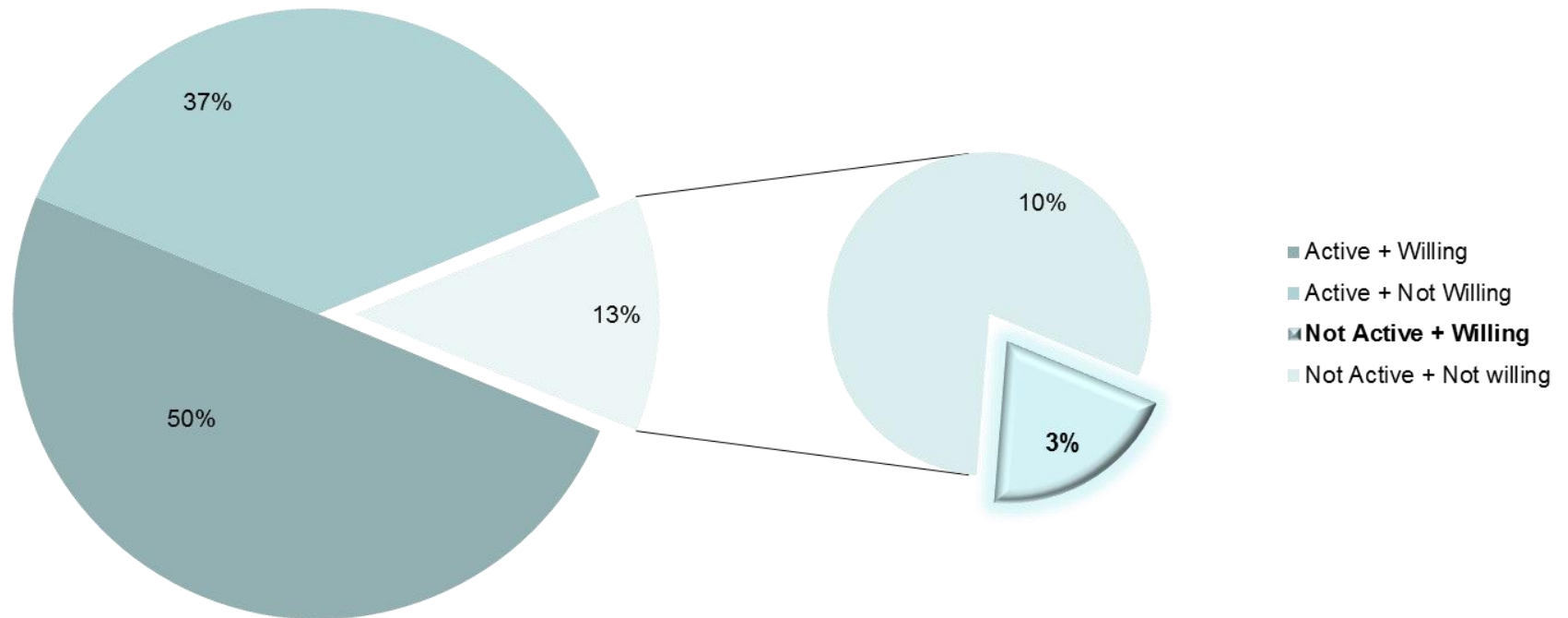
CHALLENGING



Date						
Individual Exercises						
Exercise Bike 						
Step Ups 						
Knee extension with weights 						
Hip abduction with weights 						
Squats 						
Group Exercises	Light	Light	Light	Light	Light	Light
Difficulty I chose	Medium Hard	Medium Hard	Medium Hard	Medium Hard	Medium Hard	Medium Hard
Circuit	Light Medium Hard	Light Medium Hard	Light Medium Hard	Light Medium Hard	Light Medium Hard	Light Medium Hard
How I felt today   						

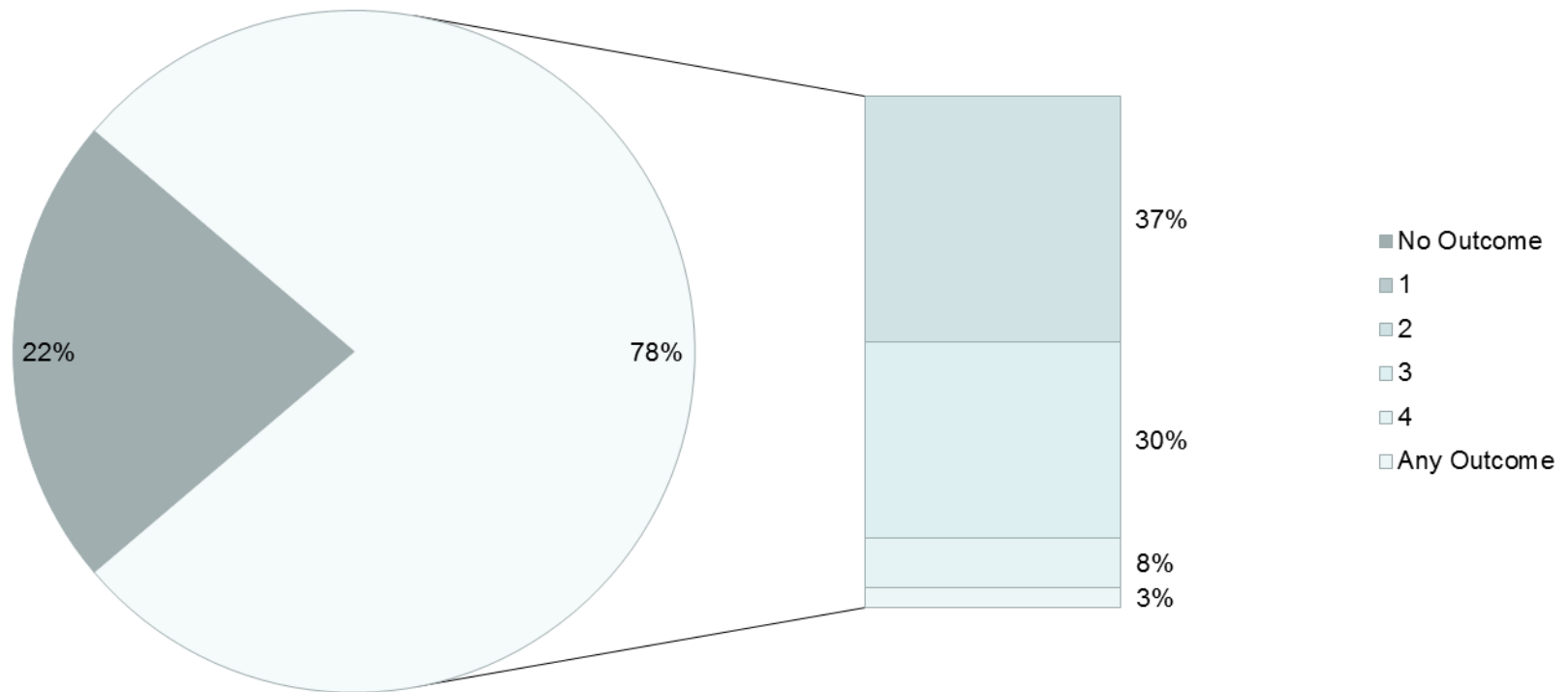
# Maintainable: Discharge Planning

Percentage Respondents Remaining Active + Willing to participate in Group Exercise



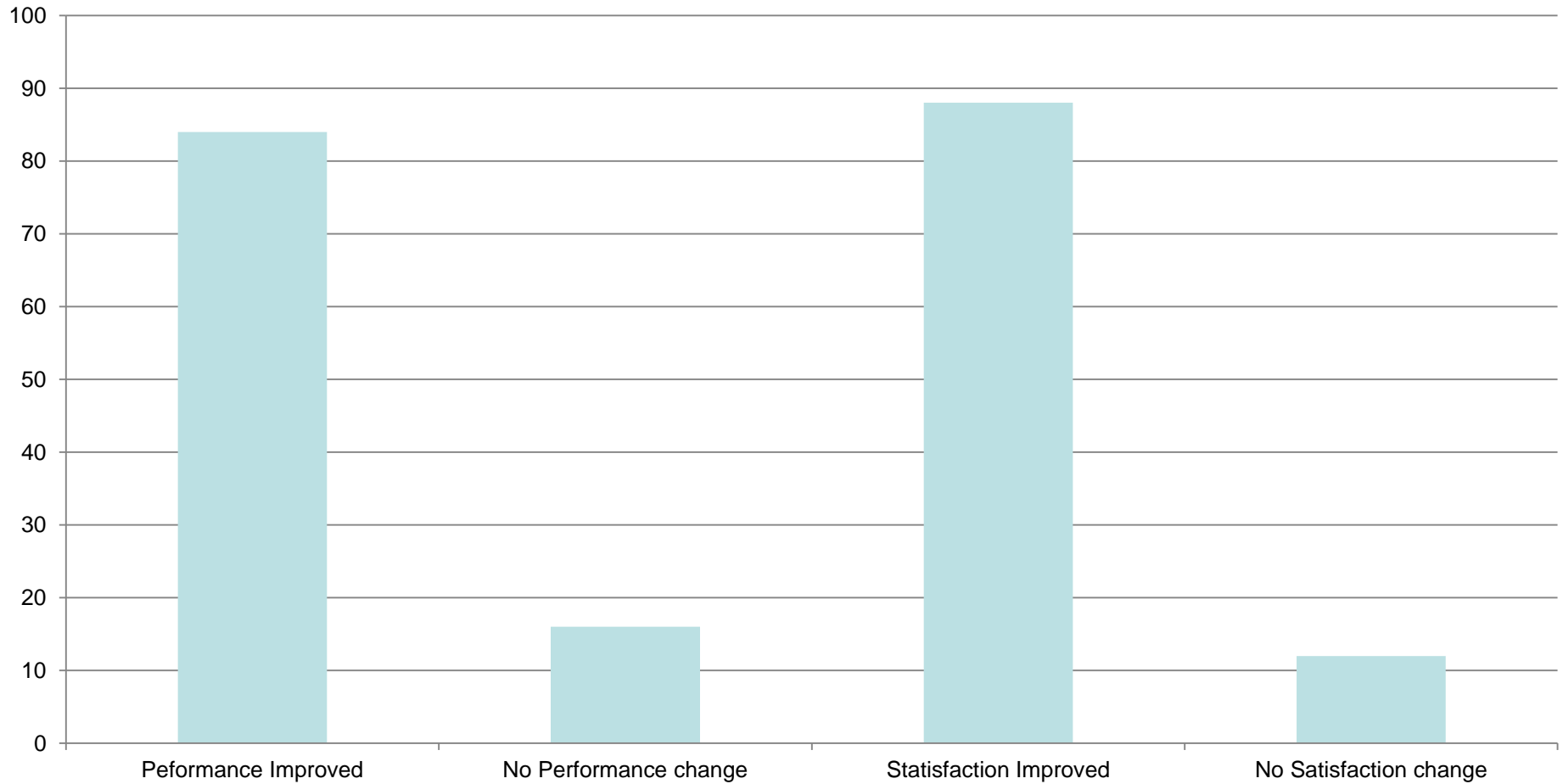
# Westlakes Falls Prevention Outcomes

## Outcome





# Client centred outcomes



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