

FALLS LINKS

Volume 7 April Falls Issue

Newsletter of the NSW Falls Prevention Network

Welcome

Special Edition Falls Links Newsletter

This newsletter highlights some of the activities that occurred in NSW Local Health Districts throughout April 2012 as part of **April Falls Day®/Month 2012**

We thank all staff who actively participated in **April Falls Day®/Month** activities in hospital, community and residential care services in their local health districts.

fallsnetwork.neura.edu.au

April Falls Day® /Month



Dementia Care Services Team,
Caring Networks, Central Coast

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"This years special focus for April Falls Day®/Month was on falls prevention and bone health."



April Falls Day® /Month

What is April Falls Day® and Month?

A day/month for your Health Service to promote Falls Prevention messages to:

- Staff and Patients,
- Families and Carers,
- Community Services
- General Community

April Falls Day® was initiated in Northern Sydney Central Coast Area Health Service (NSCCAHS) to promote falls prevention with staff, community service providers and the general community.

The Clinical Excellence Commission (CEC) has supported April Falls Day® since 1st April 2008 and has arranged for it to be gazetted in the NSW Health Calendar and now includes all of April.

April Falls Day® in NSW is to promote falls prevention best practice in hospital, community and residential aged care.

The CEC together with the NSW Falls Prevention Network produced a downloadable video, starring Noeline Brown, Australia's Ambassador for Ageing with a focus on falls and bone health. The video covers healthy nutrition including calcium and Vitamin D and exercise for bone health and falls prevention. The main message is around staying active and independent.

This video is supported by a 2 page flyer with information on falls prevention and bone health and reiterating the messages in the video as well as providing some key points around fall proofing.

Falls prevention power point presentations for staff in Hospital and Community Care were also developed.

The video, flyer and presentations can be accessed through the NSW Falls Prevention Network website at

<http://fallsnetwork.neura.edu.au/>



Ambassador for Ageing Noeline Brown




Falls Prevention and Bone Health

The Ambassador for Ageing, Noeline Brown demonstrates three things we can all do to promote healthy bones and reduce the risk of falling causing injury or breaking a bone

Exercise is important in maintaining healthy bones. Include regular physical activities that improve balance and increase muscle strength on most days of the week. Activities could include dancing, gym sessions, group exercise classes, home exercise, Pilates, Tai Chi and Yoga.

Calcium is essential for building and maintaining bone strength. As we get older, we absorb less calcium from food. This means we need to include 3-4 serves per day of calcium rich food such as milk, yoghurt, cheese and salmon.

Vitamin D is important for muscle strength and absorption of calcium into our bones. Most people get vitamin D from sunlight. It is best to be in the sun outside the peak UV period (before 10am or after 3.00pm), for a few minutes on most days in summer, and 2-3 hours over a week in winter.





Talk to your doctor at your next visit about your calcium and vitamin D levels. Some people may require calcium and/or vitamin D supplements.

Find an exercise program close to you at:



For further information:
NSW Falls Prevention Program
Clinical Excellence Commission
Level 13, 227 Elizabeth Street Sydney NSW 2000
Phone: (02) 9269 5500 Fax: (02) 9269 5505
Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

Other resources available:

- Staying Active and On Your Feet booklet
- Ministry of Health website: www.activeandhealthy.nsw.gov.au
- Osteoporosis Australia website: www.osteoporosis.org.au

For further information scan this with your smart phone.



Clinical Excellence Commission 2012 Version 1.0

"This years special focus for April Falls Day®/Month was on falls prevention and bone health."

CEC April Falls Day® /Month

During the month of April the Clinical Excellence Commission (CEC) arranged special events with visiting Professor Finbarr Martin presenting at a number of forums including presentations to:

- CEC staff forum, 11th April with 26 staff attending
- CEC April Falls Forum, 12th April with 60 attendees including representation from LHDs across the state.
- Towards a National Hip Fracture Registry and Progress in NSW meeting with 70 attendees .
- Mid North Coast LHD, Senior Executive Forum 17th April, Grand Round and Falls Forum 18th April with approximately 60 attendees
- Northern NSW LHD, Senior Executive Forum 18th April and Falls Forum 19th April with approximately 70 attendees.

Professor Martin is a consultant Physician in General and Geriatric Medicine (Guy's & St Thomas' NHS Foundation Trust, London; Professor of Medical Gerontology, Kings College London; President of the British Geriatrics Society; Chair of the Falls and Fragility Fractures National Audit Program (incorporating the National Hip Fracture Database and Falls and Bone Health audits) (funded by DH/HQIP).

The forum, grand rounds and presentations gave the opportunity to learn more about how the UK has approached falls prevention with presentations and discussion on system wide approaches to aged care, clinical practice developments, clinical governance approaches and research in aged care and falls, frailty, delirium and interventions to address them.

In summary topics covered included:

- Structures for commissioning and developing services in UK
- The power of a systematic approach to falls and fragility fractures
- Focus on Hip Fractures
- A strategy for reducing community based falls
- A whole hospital approach to inpatient falls reduction
- Working with residential care facilities



Professor Martin's presentations: CEC April Falls Day Forum and Coffs Harbour Grand Round can be found at:

<http://www.cec.health.nsw.gov.au/programs/falls-prevention>

These sessions were filmed and copies will be available for circulation when finalised.



Dr Matt Kinchington, Ms Lorraine Lovitt, Dr Peter Kennedy, Ms Kathleen Ryan, Mr Stuart Dowrick, Professor Finbarr Martin



Presentation at Coffs Harbour Health Campus



Dr Sergio Diez Alvarez, Mr Jason Viney, Dr Jo Rowley and Professor Finbarr Martin

2nd April 2012 **APRIL FALLS DAY®**

Northern Sydney and Central Coast Local Health Districts



Hornsby 'patient'

On Monday 2nd April, all public hospitals, and some of our private hospitals across our LHDs participated in our annual celebration of April Falls Day.

As usual, there was orange everywhere which is our colour for falls alerts. Lots of staff wore the orange falls prevention T-shirts – which are always a popular item.

Orange themed displays were prominent in all our hospital foyers with lots of information and free goodies to raise awareness of the significance of falls and how to prevent them. Orange pens, post-it-notes, eye-glass cleaners, brochures, booklets and Easter eggs were very popular!

Many of our wards and support departments took part in their hospital based competitions for the best falls prevention themed displays which were just wonderful! Orange fashion parades and some 'sit to stand' competitions, and 'find a word' quizzes encouraged active staff participation and prizes were awarded to the best of all.

Our mental health team used the day to promote increased physical activity to staff and patients via the new gym.

Some facilities used the month to provide educational sessions to staff as well.

So much time and effort went into making April Falls Day such a success!



Royal Rehab Centre Staff



Royal North Shore Hospital



Macquarie Hospital



Gosford Hospital display



Wyong Hospital



Sydney Adventist Hospital

April Falls Month across Northern Sydney and Central Coast is our longer annual celebration which covers all community service providers who work with older clients/patients, and the staff of residential care facilities. Community service providers both health and non-health were provided with orange goodies and resources for their staff and clients during the month of April.

A number of residential aged care facilities were on board this year and had some fantastic displays and facility wide uptake of the orange falls prevention awareness scheme.

Central Coast Peninsula Community Centre had an April Falls Challenge and Client April Falls promotion which was very successful

Central Coast Community Nursing and Northern Sydney Home Nursing Services – displayed the orange T-shirts, had education sessions and distributed lots of information to their patients during the month.

Central Coast Caring Networks consisting of several community based teams including Aged Care Assessment Team (ACAT), Transitional Aged Care Program (TACP), Dementia Care Service (DCS) participated for the first time this year. The teams wore our orange the T-shirts during their home visits and handed out over 400 falls prevention 'goodie' bags containing information about falls risk factors and prevention.



Dementia Care Service



Baptist Community Services



Central Coast Caring Networks Team

Baptist Community Services (BCS) and Residential Care Facilities had orange displays and was the venue for 2 April Falls Month 'Basic Steps' and falls prevention training workshops for staff – highlighting safe physical activity programs for older residents facilitated by Sally Castell.

A similar training session was held in Woodport Salvation Army Village at Erina.

The overall staff activity for 2012 remained the 3 x 3 April Falls Month Challenge. This encouraged the uptake of 3 healthful items daily over 21 days in April, to promote strong bones and a healthy body. The daily items were; exercise, a calcium rich diet and exposure to Vitamin D. This was encouraged to be done as a team activity to promote a competitive spirit.



'Basic Steps' training at BCS Shalom

The other staff activity was the updating and dissemination of a standardized community falls prevention education package provided to staff which outlined the best practice initiatives to the prevention of falls as well as the promotion of the ACSQHC Best Practice Guidelines; the *Staying active and on your feet* booklet; and the Active and Healthy website.

South Eastern Sydney Local Health District

Prince of Wales Community Health Service (POWCHS)

An information and health promotion activity was organised by clinicians from Community Health in the foyer of Prince of Wales Hospital. Using 'Fallproof Yourself' as a call to action, people were invited to participate in activities that may highlight falls risk factors and to take information on the benefits of keeping bones strong to prevent falls. Clinicians wore green T-shirts and white trousers in keeping with the Falls Network colour theme and also wore a badge 'Fallproof'.

People attending the stall were offered a range of risk factor screens including a balance test and the Health and Lifestyle quiz from NSW Health's Staying Active and on Your Feet booklet, using an interactive display on a computer. Those who participated were given a free ticket for a draw in the raffle for a Breville Health Grill, generously donated by the Prince of Wales Hospital Foundation. The activities incorporated clinicians providing information about falls risk factors, as well as providing guidance for action that could be taken to reduce those risks. This included a focus on improving balance and strength, regular eye checks, foot care and Home Medicines Review. In addition, information was provided about A.I.M. and WAVES, health maintenance exercise programs for older people at Prince of Wales Community Health.



Jenny Blennerhassett (Community Pharmacist) and Claire Phelan (SESLHD Falls Coordinator)



Belinda Marshall (Physiotherapist POWCHS) conducting sit to stand test

This year bone health was a highlighted topic, with information available about high calcium foods, as well as vitamin D and calcium supplementation. The Noeline Brown video was played on continuous loop and attracted significant interest from passers by.

People were also attracted to the range of colourful information displayed including lots of questions about April Falls and it's meaning!

Participants enjoyed the Sit to Stand balance test, as it related to something they do every day. A clinician then discussed the test result, referring participants to their General Practitioner if required.

Each person who participated in an activity was given a 'Fallproof' showbag containing a range of useful information to share with friends, family and their GP. Included was the Staying Active and On Your Feet booklet, a lens wipe, a bookmark and a postcard containing tips about keeping mobile, having eye checks and keeping medicines up to date as well as reducing clutter in the home.

Over eighty seven people participated in the activities and Ms Kristin Mbothu, Director of Community Health, drew the winning ticket for one lucky activity participant! Congratulations Salvador!



Community Nurses - Laura McCann and Nicole Carter

South Eastern Sydney Local Health District

Sydney Eye Hospital



A display was held at Sydney Eye Hospital including information on eye conditions such as glaucoma (see photos above).

St George Hospital

Olivia Paulik the Aged Care CNC and chair of the St George Hospital Falls Prevention Committee coordinated the 'April Falls Day' activities held at St George Hospital on the 2nd April. At St George Hospital staff were invited to take part in designing a poster and/ or display promoting falls prevention. A falls prevention information stand was also set up outside the staff cafeteria with falls related information, a staff knowledge quiz, and jelly bean guessing competition (no. of jelly beans in the jar corresponded with no. of falls reported at the hospital during 2011). The ward that achieved the greatest sustained reduction in falls during 2011 was awarded an afternoon tea. A thank you afternoon tea was also held for the hospital volunteers who generously give their time to participate in the volunteer companion falls prevention program that operates on the aged care wards of the hospital. 2012 marks the 10th anniversary of this successful program.

7South poster (right) - St George Hospital staff on the Aged Care Precinct Ward (7 South) promoted the falls prevention message by taking part in designing an April Falls Day poster.

(From left to right): Amy Saunders, Registered Nurse, Kristina Ilijeska (Assistant in Nursing), Maria Lopez (Assistant in Nursing) and Rui (Maggie) Liang, Clinical Nurse Specialist.



7West poster (left) - St George Hospital staff on the Aged Care Ward (7 West) promoted the falls prevention message by taking part in designing an April Falls Day poster.

(From left to right): Olivia Paulik, Aged Care Clinical Nurse Consultant, Lisa Zhao, Clinical Support Officer, Eve Wu, Registered Nurse, Kristine Tobin, Clinical Nurse Educator and Dr Louise Baird, Geriatrician and April Falls Day poster judge.



Falls stand (right) - A falls prevention information stand was open for business outside the staff cafeteria at St George Hospital on Monday 2 April, with falls-related information and prizes on offer.

(From left to right): Olivia Paulik, Aged Care Clinical Nurse Consultant, Robyn Whitaker, Senior Aged Care Physiotherapist and Kristin Mills, Nurse Unit Manager, Ward 7 West, Aged Care.



Sydney West and Nepean Blue Mountains LHDs

The Falls Prevention Team from Centre for Population Health used various strategies to disseminate information to raise awareness for this year's April Falls Day focus being Falls and Bone health.

The Team participated and organised the following activities:

- An information stall was held at Nepean Hospital foyer alongside with the Falls and Fractures Clinic staff, which conducted mini-assessment on the state-of-the art GAITRite Electronic Walkway for the public and staff.
- Splash screen with the April Falls message across both LHDs (30th March to 13th April)
- Posting on Nepean Blue Mountains LHD internet on "What's New"
- Posting on Western Sydney LHD intranet Falls homepage
- 'Preventing Falls in Hospitals' brochure was placed on patients lunch meal trays for the 2nd April in 11 hospitals within Western Sydney & Nepean Blue Mountains reaching 2205 patients.
- Balance & Strength Exercises for Seniors Fridge Magnets – 400 magnets were sent out to various facilities that requested resource assistance. Translated fridge magnets in Arabic, Chinese and Italian were also circulated.

Hospitals and Community Health within both Local Health Districts conducted various local activities including displays and information/resources were provided.

For more information please contact Centre for Population Health Western Sydney & Nepean Blue Mountains Local Health Districts Kitty Kaur, Acting Falls Prevention Co-ordinator (98403708) Yvonne Herrero, Population Health Program Officer (47342022)



Nepean Hospital Foyer



Yvonne Herrero and Jenny Bawden at the Nepean Hospital Information Stall



Staff at Nepean Hospital Display



Sydney Local Health District

St Josephs Hospital

St Josephs Hospital in Auburn Sydney ran two separate April Falls Day stalls. One was run at the hospital foyer where we had flyers, brochures and posters to educate staff, visitors and patients on falls prevention. We also had an educational DVD on falls management playing at the front foyer near where visitors wait for transport.

On top of this stall we also ran another stall at the local club Dooleys. Here we had similar material as well as information about falls classes and educational sessions run at the hospital. We had a fantastic turn out and had lots of people interested in our services!

Lastly we ran a staff and patient quiz with a prize for the most correct and quickest reply. The quiz included simple and not so simple questions regarding falls prevention in hospital as well as in the community.



St Josephs Hospital stall at Dooleys, Nicola Di Stefano and Judy Hollins

South Western Sydney Local Health District

A number of activities were held across the South Western Sydney Local Health district and articles published in local newspapers such as the Southern Highland News.

Falls prevention activities at Bowral Hospital included:

- morning tea for patients and staff including green cake
- information stand in hospital foyer and Emergency Department
- falls prevention information distributed to all patients
- staff dress up day with a green theme with prize for best dressed
- staff falls prevention quizzes and competitions.

Anglican Retirement Villages

Anglican Retirement Villages(ARV) were once again involved in April Falls Month. Some of the activities at various villages and Residential Aged Care facilities were exercise demonstrations, talks about Nutrition from ARV's nutritionist , Lauren Reeves, guest speakers from Comfit and Fit about correct shoes, walking frame tune ups, milk-shakes and cheese morning teas with walks and weight bearing exercises.



Marcus Loane House

At Elizabeth Lodge, Elizabeth Bay, staff wore their Better Balance Orange T-shirts and residents and staff participated in an Orange Day Egg and Spoon race. Each resident who participated received a certificate of participation.



Elizabeth Lodge



Elizabeth Lodge Orange Day

At St David's, Forestville the Physiotherapist, Margot McEwen, dressed up in orange (see picture below) and demonstrated how to wear hip protectors correctly.



St David's Forestville

Anglican Care Central Coast LHD and Hunter New England LHD

Following the success of its involvement in the 2011 April Falls Month, Anglican Care has again embraced this year's April Falls Month where the clinical focus throughout all of our facilities and services will be on falls prevention and raising awareness of the importance of preventing falls for our Residential, Community and Retirement Living Residents and Clients.

The month started off in a glow of orange hued clothes, streamers and balloons on 2nd April, with staff wearing some interesting orange garments – one staff member even channelled a Star Wars theme with an orange light saber! The launch day also included some orange themed food with staff and residents with a sweet tooth enjoying orange topped patty cakes and pikelets, orange cordial and lollies!

In celebration of the launch day, each of our residential aged care facilities and Day Therapy Centre had display tables chock-a-block with information for residents and clients on falls prevention. Tai Chi demonstrations have been organised in all facilities for staff, resident's and families, 'Stepping On Program' classes in the local area have been advertised and encouraged for our self care residents, and strength and balance exercise demonstrations conducted by our physiotherapist. To enhance resident education Balance and Strength activities will be incorporated into our Lifestyle and wellbeing programs.

A number of these initiatives will continue during the month of April, together with a jam packed education calendar highlighting falls prevention strategies.



One of the fantastic displays



Staff from Warnevale Gardens Hostel in orange



McIntosh Hostel Staff doing their balance exercises



Greenmount Gardens Hostel Staff

Hunter New England Local Health District

Showcasing Falls Injury Prevention in HNE Health

HNE Health is aware that many people receiving services in the community, hospital and Residential Aged Care are at risk of a fall. In order to share information with staff and partners providing care to older people about managing falls injury risks, two forums titled Showcasing Falls Injury Prevention form part of the HNE Health acknowledgment of April Falls month.

The first was in Newcastle on 4 April and the second forum was in Tamworth on 15 May, in order to give as many clinicians as possible across the District an opportunity to attend. So that there could be sharing of innovative best practice programs from clinical services, a call for abstracts was circulated in September 2011. From the reviewed abstracts, programs were developed- some presentations for both sites and some were for just one of the locations.

The Newcastle forum was formally opened by the HNE Health Chief Executive Mr Michael DiRienzo who strongly committed to the issue of Falls Injury Prevention advising that it is a priority of the Board and the Executive team. Following an overview of the work that has been undertaken over the last six years in the District, the morning session covered an ED project that works with Residential Aged Care providing phone support to reduce unnecessary presentations; an example of how Simple Things Make a Difference in acute care; and hourly patient rounding, part of the Excellence framework currently being rolled out in HNE Health.

The day was interspersed with 'Practice What We Preach' sessions by the energetic Laraine Dunn, so that all could be aware of what strength and balance exercises are about – it would seem that some of the older clients could give staff a run for the money! There were sessions on the work being undertaken in the community setting to identify falls risk and for those at risk referral to a QuickScreen® assessment; building the physical activity capacity and what is meant by enablement. The last session provided an overview of a qualitative study for falls experiences and outcomes in Elderly Aboriginal people; the Stepping On and Otago Exercise programs; and an overview of the partnerships with ADHC and HACC in the Hunter with HNE Health to build Falls Injury Prevention capacity for HACC service providers.

Over 90 people attended and the evaluation feedback from those present has been very positive in terms of the appropriateness and usefulness of the content. It was funded by the Department of Veterans Affairs, allocated under the three year agreement between the Department of Veterans, Affairs and Ageing, Disability and Home Care, Department of Family and Community Services NSW. This is a great example of the partnerships that make the Falls Injury Prevention approaches possible.

For further information, please contact Patsy Bourke, Falls Injury Prevention Coordinator by email patsy.bourke@hnehealth.nsw.gov.au



Morning Session Presenters



Mr Todd McEwen Director,
Acute Hospital Networks and
Mr Michael DiRienzo, CE ,HNEHLD



Afternoon Session Presenters



April Falls Day®/Month 2012



NSW Falls Prevention Network

Far West Local Health District

On Monday 2nd April the combined efforts of the Occupational Therapy, Dietetics, Physiotherapy departments and Active Broken Hill were on show in the Town Square to celebrate and promote April Falls Day. The colourful display was on show from 10am to 2pm. The allied health team offered information and assessments to the general public to assess their falls risk and offered suggestions to decrease an individual's risk.



Allied Health staff in the Town Square



Providing information to the Public



Assessments in the Town Square

As the theme of the day was Vitamin D, Calcium and Exercise, the display incorporated exercises people could do at home and examples of diets rich in calcium. People were invited to undertake a quick quiz on their daily calcium intake and were offered suggestions on how to improve their calcium intake. The stall was very well received by community members and staff were encouraged by the number of people seeking information on falls prevention.

Broken Hill Hospital's Surgical Ward got into the spirit of Falls Prevention Month by dedicating 11 April as their April Falls Day. Each member of the ward team dressed in matching orange T-shirts stating 'falls prevention is everyone's business' and promoted the falls prevention message throughout the day.

Menindee, Ivanhoe and Tibooburra also got into the falls prevention spirit with days dedicated to falls prevention. Remember: 'Falls Prevention is everyone's business'.



Broken Hill Health Service Allied Health Team



Broken Hill Hospital Surgical Ward team

Illawarra Shoalhaven Local Health District

Falls Prevention Awareness Month

Day 1 – April Falls Day Monday 2nd April	Consisted of foyer/ward displays with patient, visitor & staff information brochures and other falls activities . April Falls Day started our Falls Prevention Awareness Month
Week 1 Monday 2nd - Friday 6th April	Sites presented an innovative approach to clinical practice change and/or demonstrated what risk minimisation strategies have been implemented in the past twelve months at their hospital.
Week 2 Monday 9th - Friday 13th April	A falls prevention audit was conducted across the ISLHD in week 2. This audit was both an observational and documentation audit. It was designed to audit inpatients who were assessed as 'At Risk' of a fall during their admission.
Week 3 & Week 4 Monday 16th - Friday 27th April	Sites conducted education sessions for Falls Prevention – Module 1. The target was to complete 80% of Nursing & Allied Health staff at each hospital/site/facility in the two weeks allocated. This required an organised education plan and involved staff already trained to help deliver the education at the site/facility.



Shalhaven District Memorial Hospital Display



David Berry Hospital Staff



Wollongong Hospital Staff



Wollongong Hospital Staff enjoying green goodies

Illawarra Shoalhaven LHD Prize Winners 2012:

- Winner of the Perpetual Trophy for 2012 – Milton-Ulladulla Hospital
- Commendation for Sustained Effort – Coledale
- Best Risk Management Activity – Shoalhaven District Memorial Hospital



Milton Ulladulla Hospital Display



Port Kembla Hospital Foyer Display



David Berry Hospital Display

Falls Network Information

fallsnetwork.neura.edu.au

Joining the Network

To join the NSW Falls Prevention Network listserv, send an email to:

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 type

unsubscribe nsw-falls-network

on the next line type *end*

If you have any problems, contact Esther Vance at e.vance@neura.edu.au.

Share your news and information/ideas

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@neura.edu.au

The Network Listserv

It is great to see the increased activity on the listserv and we 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

You need to be a subscriber to the listserv to send an email that will be distributed to all members 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, 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.

NSW Falls Prevention Network Background

The NSW Falls Prevention Network was established in 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 Ministry of 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 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 Ministry of Health.

"Falls Prevention is Everyone's Business"

