



Better Balance Centre

Falls Prevention



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ANGLICAN RETIREMENT VILLAGES BETTER BALANCE CENTRE

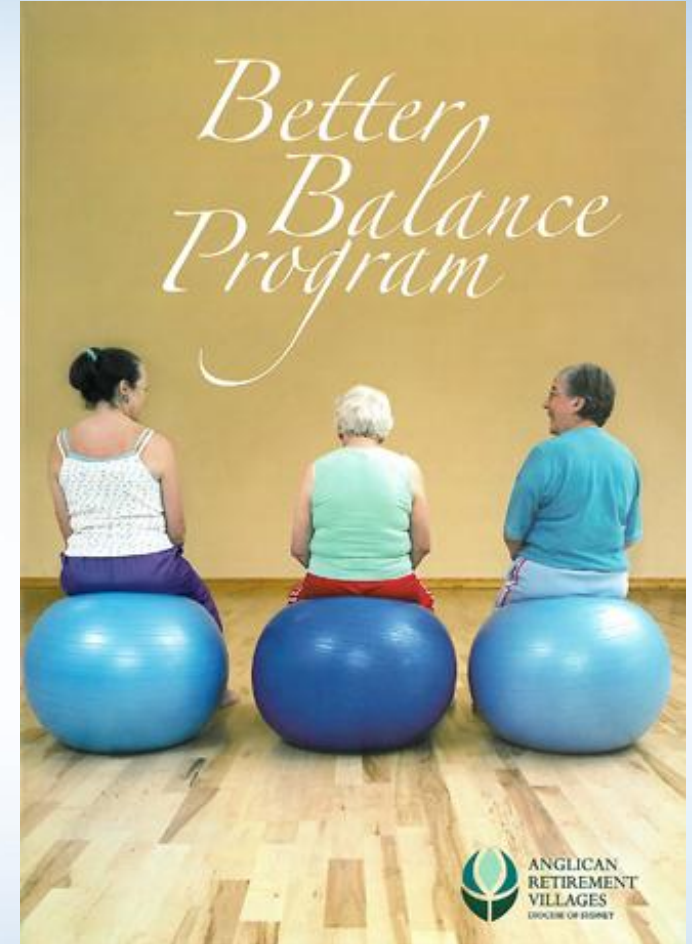
Anglican Retirement Villages

- consists of over 30 villages across greater Sydney.
- 12 Assisted living hostels
- 6 Nursing homes
- cares for over 6,000 residents and community clients and employs over 2,000 staff



2007-8

- Creation of a Central Falls Committee
- Funding approved for the Better Balance Program for 2 years
- The BBC comprises a Fulltime Physiotherapist and part time OT.
- Program – continuum of Care



2008-9

- In RACF's it requires the support of GP's to be referred by using the Medicare Item No 731, or as a DVA referral
- Assessment of a person's Mobility, strength, balance, gait and confidence
- OT assessment
- Interventions then established



Achievements

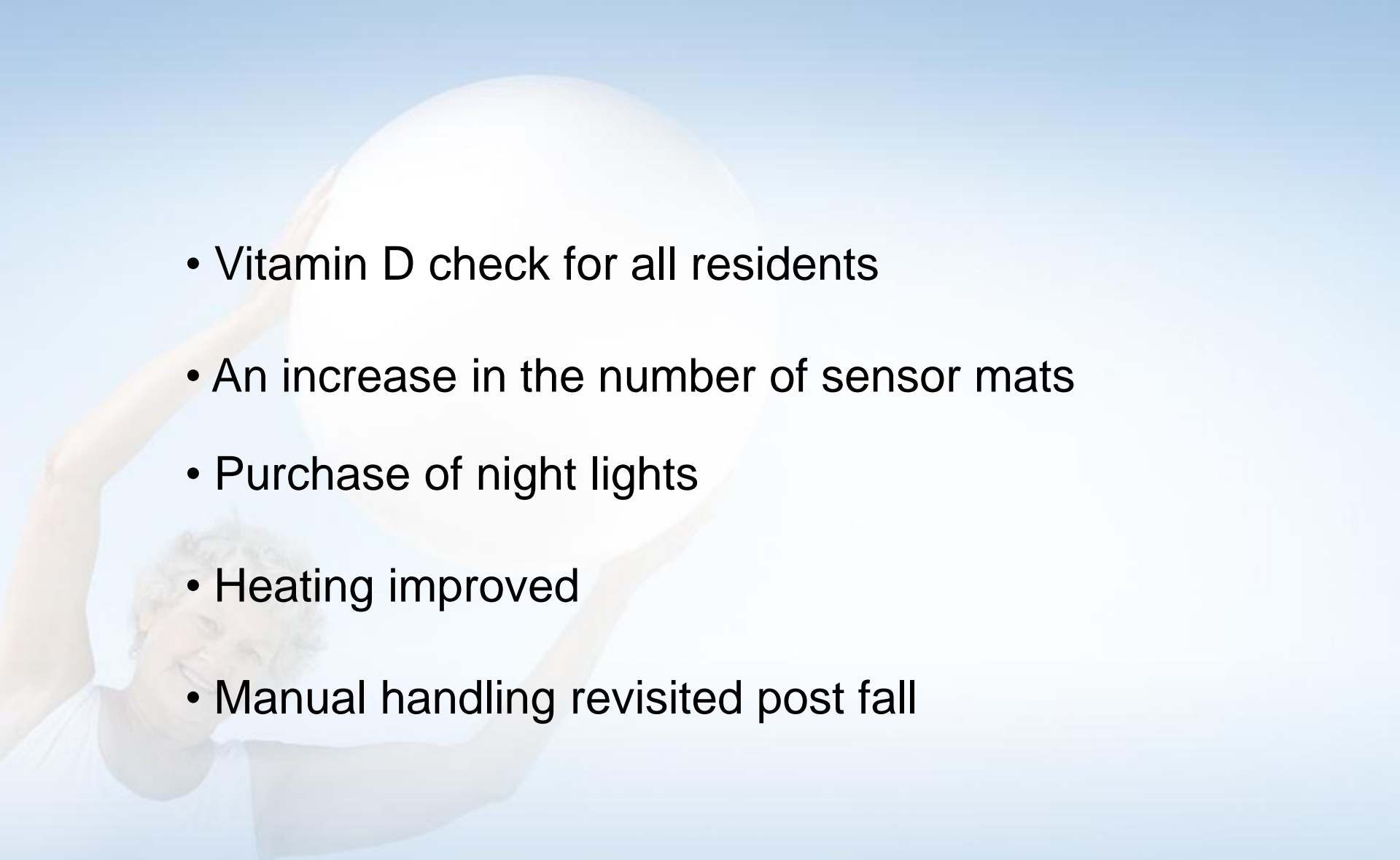
- Education of RACF staff
- ARV adopting the **Orange** Falls Prevention sticker
- April Falls Month -ARV piggybacking on NSCCAHS Goodgear merchandise for **April Falls Month**
- Setting up Falls Prevention Committees



Outcomes from the Falls Prevention Committees

- Sharing of knowledge
- Falls Newsletters in each facility
- Drilling down to the issues and solutions surrounding a person's fall as a team.
- An Increase in hydration
- An Increase in the number of exercise sessions



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- Vitamin D check for all residents
 - An increase in the number of sensor mats
 - Purchase of night lights
 - Heating improved
 - Manual handling revisited post fall



Outcomes/Activities of April Falls Prevention Month

- Walking frame café- to be done regularly
- An increase in the number of people wearing hip protectors
- An increase in the number of exercises classes
- In the future to have staff falls prevention awareness training packages



- An increase in the number of people wearing hip protectors
- More rooms clutter free
- Emphasis on regular staff training
- 4RN's attended the NSCCAHS Delirium, Dementia and Medications in March
- Visits by Continnence Australia, Statina, Homeyped/Comfit and Fit



Barriers

- Staff not attending educational sessions
- Agency staff- lack of ownership and knowledge of individual residents
- Lack of staff at post meal transfers and 3-5pm times
- Getting GP support
- Communication with the families.



Associations have been formed with

- SESIAHS - Kathy Richardson- on the working party for RACF
- NSCCAHS -- Margaret Armstrong

Basic Steps training with Sally Castell

A woman with short, curly, light-colored hair is smiling and holding a large, glowing white sphere with both hands. The sphere is the central focus and has the word 'Questions?' written on it in a large, orange, sans-serif font. The background is a soft, light blue gradient.

Questions ?

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