Rural Opportunities to Stand Tall, Don’t Fall

Presenters:
- Cherie Mercado
  Senior Physiotherapist
- Linda McCormack
  Senior Occupational Therapist
1 in 5 people aged over 65 in 2006
1 in 4 aged over 65 by 2020
No need to reinvent the wheel!
Steps in our trip
Landing in hospital
FALLS RISK
Hurdles that tried to trip us up!
WHAT KEPT US STANDING TALL
“I gained confidence from the program”

“Still doing exercises and have no fear of falling”

“The exercises were good and I liked the education sessions”

“I have not had a fall since the group”

“The group gave me more confidence and independence”
• 66% exercising up to 2 years post participation.

• >50% had not had a slip, trip or fall.

• 15% able to stop themselves from falling.

• 25% able to identify & modify causal factor.

• Av. 23 falls per month in acute settings during Aug / Sept 2005

• Av. 5 falls per month same period 2006
FALLS GO SPLAT!

FALLS FALL IN THE BEGA VALLEY
Stand Tall Don’t Fall

- Assessment Clinic
- Referral to services
- 8 week Intervention program
- Communication with GP’s
- Acute Care initiatives
- Community Links
- Consumer Participation
- Staff Training
- Evaluation

Referral to services

Assessment Clinic

Stand Tall Don’t Fall

Communication with GP’s

Acute Care initiatives

Community Links

Consumer Participation

Staff Training

Evaluation