STEPPING ON

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Introduction

- A multifaceted community-based program


- Currently 35 Stepping On programs have been run over NSW

- Usually run by an OT and PT
  - At POWH we are trying to involve trained volunteers
Involves

- **Strength and Balance Component**
  - Otago Exercise Program

- **Educational Component**
  - The role medications play in poor balance
  - Mobility in the community and public transport
  - Vision and falls
  - Safe Footwear
  - Environmental and Behavioural Home safety

- **Reinforcing Behavioural Changes Component**
Effectiveness - RCT

- Set up in community venues with a follow up HV
- Participants 310 community residents – aged 70+ who presented with a fear of falling or a history of 1 fall in the last 12 months
- Primary outcome measure was number of falls ascertained by using a monthly calendar
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- 7 week program, 2 hourly
- Transport provided
- GP-based and referrals to the Falls, Balance and Bone Health Clinic
- Clinic includes: Medical, Postural and FallsScreen Assessment
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Session 1

- Introduction: Overview and Risk appraisal
  - Sharing falls experiences

- 6x exercises from the Otaga Exercise Program
  introducing balance and strength exercises and why they prevent falls
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Session 2

- Review of Exercise
  - How are they implementing them in everyday routine
  - Explore benefits and barriers

- Moving about safely
  - Chairs and steps
  - Getting up from a fall
  - Walking sticks
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Session 3

- Home Hazards
- Identify hazards in and about the home and problem solving solutions
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Session 4

- Community safety and footwear
  - Generate strategies to get around the local community and reduce the risk of falling.
  - Learn about the features of a safe shoe and identify clothing hazards
Session 5

- Vision and Falls, Vitamin D and Hip protectors
  - Recognise the influence of vision on risk of falling
  - Review the strategies to reduce risk of falling from visual dysfunction
  - Identify the importance of Vit D, sunlight, and calcium to protect from fall injury.
  - Introduce the benefits of hip protectors for those fearful of hip fracture. Identify behavioural sleep alternatives to taking sedatives
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Session 6

- Medication management and mobility mastery experiences
  - Identify medication risks and falls
  - Explore strategies to reduce risk of falls from meds side effects or misuse
  - R/V of exercises
  - R/V strategies for getting in, out and about in local community safely
  - R/V strategies for safety using buses
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Session 7

- Review and plan ahead
  - Express personal accomplishments over the 7 weeks

- Follow up Home Visit by OT
- 3 month Booster session
- 6 month follow up phone call
Resources


- Staying Power (2006) - available at all good bookstores