Northern NSW LHD Overview

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Northern NSW LHD Overview

Residential and Community Aged Care Services

• More focus in 2016
• Assistance in policy and practice amongst interested services
• Communication about resources where appropriate
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NNSW LHD Inpatient, Community Health and Residential Care

- NNSW LHD Falls Prevention Implementation Plan 2015 -2017
- Falls Prevention Committees (LHD, HSG, local site) Governance and strategy development , Standard 10
- 2015 Falls Prevention Audit
- Systematic screening of people over 65 years old and Aboriginal people 45 years (Ontario and Frop- Com screening tools)
- Assessment, management of falls risks (FRAMP, multidisciplinary assessment in Community Health)
- Falls Champions
NNSW LHD Inpatient, Community Health and Residential Care (Con’t)

• Communication with patients, families and carers
  - How do we communicate about risk
  - What written material is given
  - When
  - To whom
Northern NSW LHD Overview
Promotion of falls prevention exercise and activity - Strength and Balance

- Promotion amongst community (expos, large groups, media)
- Resources (SAOYF booklets, kettle exercise tea towels, exercise information sheet, CHEGS classes)
- Encouraging local service providers to list on the active and healthy website
- Health Promotion website
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STAY ACTIVE AND INDEPENDENT

STRENGTH AND BALANCE MOVES AT LEAST TWICE A WEEK
ENJOY AN ACTIVE LIFESTYLE ....AND STAY ON YOUR FEET.

Maintaining your body’s muscle strength and balance is the single most important thing you can do to stay active and independent. One in three people over 65 years old fall over and many serious injuries occur. Often this results in a decline in function and independence.

Beginning and maintaining simple strength and balance activities in your life will help you prevent falls now and as you get older.

Just 2 hours a week (even broken up to shorter periods e.g. 10 minutes) will assist your body to continue everyday activities and navigate hazards as they arise e.g. tripping over a pet, slipping on stairs, overbalancing in the garden or when playing with grandchildren.

With a range of individual and group options throughout the Northern Rivers there is something to suit everybody!

GROUP ACTIVITIES

Improve your strength and balance and have an enjoyable social experience

CHEGS (www.chegs.org.au)

Community Health Education Groups (CHEGS) has been offering a range of gentle exercise classes and falls prevention programs in the Northern Rivers for decades. It offers a variety of classes including Tai Chi/Cigong, Gentle Exercise, ‘Better Beat’ a cardiac rehabilitation maintenance class, Stretch & Strengthening, and Cross Training. CHEGS also offers the free 8 week falls prevention education and exercise program, Stepping On. For information on classes offered near you visit http://www.chegs.org.au or contact Mary Ward 0410 725 236.

Active and Healthy website (www.activeandhealthy.nsw.gov.au)

Simply visit this website and enter your postcode. The website will then identify and list registered Exercise Programs that improve balance and strength, available in your local area. Activities may include Tai Chi, CHEGS classes, Stepping On, Forever Young classes run by Feros Care, Exercise Physiology fall prevention groups, dance, aqua, and so on.

Other Community Activities - check out community listings in local newspapers or ask your friends about other enjoyable activities near you.

INDIVIDUAL PROGRAMS

Trained professionals can design programs specifically for you.

Feros Care Strong Foundations: home visit program for people over 65 (or over 50 for Aboriginal people) offers an individually tailored program designed by a Physiotherapist or Occupational Therapist. Contact Feros Care 1300 085 181 to find out if you meet the criteria for seven visits to your home each costing $10.

Exercise Physiologists: offer programs where funding options usually include Medicare, Department of Veteran Affairs, health funds, or private payment. Some will provide home visits and/or groups at a location near you. To find out about local Exercise Physiologists, who specialise in assisting older people, ask your GP or refer to the Exercise and Sports Science professional organisation (ESSA) website: www.essa.org.au. Enter your postcode to find local listings.

Physiotherapists: If you are attending Physiotherapy ask them about strength and balance exercises.

Things you can do at home

Find the Staying Active and On Your Feet booklet on the active and healthy website (www.activeandhealthy.nsw.gov.au) for exercises to do at home, and lifestyle and home safety checklists.

Refer to the NNSW Health Promotion website (http://nswlhd.health.nsw.gov.au/health-promotion) for tips on maintaining your wellbeing whatever your age.

Kettle Exercises are an easy approach to staying strong and preventing falls. (Kettle Exercise tea towels are also available by contacting Julia Dayew 5620 7362)

While the kettle boils for a cuppa, do the exercises pictured below as you hold the kettle.

Aim for slow controlled movements, repeat each 8 times, increasing to 15 times as you get stronger.

Side leg lift

Face the bench, feet about shoulder width apart, keep back straight, lean forward slightly, slowly bend booties, knees pointing forward. Don’t go down low but. Return to upright position.

Half squat

Stand holding bench top. Slowly raise up on your toes, hold for 1-5 seconds, then lower. Repeat 8 times with right leg and then left leg.

Flat raise

Stand next to the bench and raise your outside foot to the side, hold for 1-3 seconds then lower. Exercise both left and right legs.
General information on health promotion go to our website

Health Promotion has a range of free programs available to support your clients.

Offer a Health Promotion program with every appointment

QUIT
Kick smoking in the butt
Ask us how
We can help your patients breathe easier...

We can take the weight from your waiting list...

We will catch your clients before they fall...

Drinking requires serious thinking...
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Refer your clients to our programs:

Health Promotion has a range of programs and resources available to support your clients.

Offer a FREE health promotion program with EVERY appointment.

- We can help your clients breathe easier
- We can take the weight from your waiting list
- We will catch your clients before they fall
- We can get your clients to start thinking about their drinking
Do you have to be able to sing to be a “Falls Champion”?

http://www.youtube.com/watch?v=7ftrK-XM-88