Falls prevention in rural and remote communities

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Dareton Primary Health Centre

- The Dareton Primary Health Centre is located in rural/remote Far West NSW
- We are a friendly and supportive team of Clinical Nurse Specialists, Registered Nurses, Health Workers, Allied Health and visiting Medical Professionals, providing care that covers the whole of the life spectrum
- DPHC provides services half way to Broken Hill, all the way to Balranald and everywhere in between, covering an area of 47,989 sq. kms
Dareton Primary Health Centre

- Services provided
  - Primary Health
  - Mental Health, Drug & Alcohol
  - Child & Family Health
  - Building Stronger Foundations
  - Community Midwife
  - Aboriginal Maternal & Infant Health Strategy
  - Aboriginal Health Workers
  - Social Worker
  - Psycho-Oncology Counsellor
  - Dental
  - Women’s Health
  - Sexual Health
  - Early Intervention Educator
  - Diabetes Education
  - Aged Care
  - Palliative Care
  - Visiting Allied Health Services
Primary Health Model of Care

- Early Intervention and Prevention
- Care of chronic disease
- Case Management and Care plans
- Wound assessment and management
- Childhood Immunisations and Adult programs
- Enabling the client, their carer and family
- Home visits and client advocacy
- Health Promotion
- Health Education
- Holistic approach
Facts on falls

• More than 1 in 3 people aged 65 years and over fall each year
• Falls are the leading cause of hospital admissions for older people
• In 2009, 26 per cent of NSW residents aged 65 years or older fell at least once
• In NSW each year, falls lead to approximately 27,000 hospitalisations and at least 400 deaths in people aged 65 and older
• Falls can reduce mobility and independence
• Remaining active can prevent falling

Clinical Excellence Commission website, 2016
Stepping On

• Stepping On covers:
  • Home hazards awareness (OT)
  • Moving safely in the community (Police)
  • Safe footwear and foot health (Podiatrist)
  • Nutrition and bone health (Dietitian)
  • Vision and falls (Vision Australia)
  • Medication management (Pharmacist)
  • Leg strength and balance exercises (Physiotherapist)
  • Getting up after a fall (Physiotherapist)

_Clemson and Swann, 2008_
Stepping On

- Stepping On is a free community based falls prevention program for people over the age of 65
- Designed to build knowledge, strength and confidence to prevent falls and stay active and independent
- Runs for 7 weeks, 2 hours per week with a booster session 2 months later
- Who is eligible:
  - 65 years and over
  - Living at home in NSW
  - Able to walk independently or with a walking stick
  - Fearful of falling or have fallen recently

Clemson and Swann, 2008
Move2music

- Move2music is a project developed by DPHC in partnership with other community services. Held 5 times per year
- Aims to bring people together to enjoy the therapeutic benefits of music and dance
- Provides an opportunity to meet new people, reconnect, increase physical activity and enhance general well-being
- M2M is open to all members of the community
- People of all abilities are invited to attend
- Includes carers and friends
Move2music

- The benefits of music & movement
  - Encourages movement
  - Improves balance, strength and gait
  - Improves mood
  - Increased self-esteem
  - Falls prevention
  - Improves capacity for managing stress and anxiety
  - Improves general well-being
  - Social and emotional benefits
Fit & Strong

- Fit & Strong is a strength training exercise program
- Developed by DPHC, in 2006 funded by DVA, in conjunction with the Coomealla Club.
- Fit & Strong is led by trained healthcare professionals and is held twice a week
- Who is eligible:
  - Anyone in the community is welcome to participate
  - Target group is people living with arthritis, obesity, depression and chronic diseases
Fit & Strong

• Benefits of exercise and strength training:
  • Increase muscle strength
  • Maintain bone integrity
  • Improve balance, coordination and mobility
  • Social and emotional benefits
  • Reduces the symptoms of chronic disease
Tai Chi

- Tai Chi is an ancient and gentle Chinese exercise that is practiced around the world
- Tai Chi involves slow, controlled movements that improve flexibility, muscle strength, balance and fitness
- Tai Chi helps to reduce pain and stiffness associated with arthritis
- Tai Chi classes are held weekly and are run by staff who have completed their Tai Chi for Arthritis Instructors Course
Tai Chi

- Health benefits of Tai Chi:
  - Helps to relieve pain and stiffness
  - Decreases blood pressure
  - Improves concentration
  - Enhances sense of wellbeing
  - Improves balance
  - Improves posture
  - Improves immunity
  - Relieves stress
Other Falls Prevention Activities

- Part of our primary Health role includes Health Promotion and providing education to the community
- Health Promotion activities related to falls prevention DPHC has undertaken include:
  - April Falls stand in front of the local chemist and in our foyer
  - Health Promotion stand at various local events, Wentworth, Pooncarie Field Days
  - Presentation at Senior Citizens day during Senior Week
  - SKIRTS Aqua fitness program run during summer
  - Get Healthy: Information and Coaching Service
  - Walking programs
  - Regular primary health interactions with Men in Sheds
Overview

• Falls are a significant risk and impact on the morbidity and mortality of our senior community

• Prevention and harm minimisation of falls should be at the forefront of community health

• Strength and balance programs, and self awareness education are important components of falls prevention

• Enabling the community and increasing awareness of preventative measures can significantly impact on the prevention of falls

• Falls prevention is everyone's business
Questions or comments?

Thank You