Welcome to our first e-newsletter.

'Share the care - prevent a fall'
NSW Falls Prevention Network Forum
Save the date: Friday 20th May 2016, Wesley Conference Centre,

Further information will be available shortly.

April Falls Day®/Month theme for 2016 is:
'Share the care- Falls prevention is everyone’s business®' and is about involving everyone in the care of the older person – patients, family, carer, doctors, nurses, allied health staff - to prevent falls and keep older people safe.

The Clinical Excellence Commission, NSW Falls Prevention Program is currently preparing a range of resources to promote this year’s theme, and these will be available in early 2016.

If you would like to purchase promotional materials such as balloons, pens, sticky notes, eye glass cleaner and t-shirts promoting Falls Prevention is everyone’s business® these can be obtained from

- Good Gear: Orders including a purchase order number need to be provided by Friday 5th Feb 2016

If you wish to order orange falls brochures, bookmarks, fridge magnets please order

http://us10.campaign-archive1.com/?u=8769ee02a9f11a72d62df6e35&id=bf23259da4&e=dc657dbaf4
Research Update
Yoga-based exercise improves balance and mobility in people aged 60 and over: a systematic review and meta-analysis
Youkhana S, Dean CM, Wolff M, Sgerrington C, Tiedemann A.
*Age & Ageing, 2015 e pub*
This review and meta-analysis of 6 trials with 307 participants found that yoga interventions resulted in small improvements in balance and medium improvements in physical mobility in people aged 60+ years. Further research was required to determine whether yoga-related improvements in balance and mobility translate to prevention of falls in older people.

Educators perspectives about how older hospital patients can engage in a falls prevention education programme: a qualitative process evaluation
*BMJ Open 2015; 5(12): e009780*
This study carried out on eight rehabilitation wards for periods of between 10 and 40 weeks concluded that individualised fall prevention education effectively provides patients who receive it with the capability and motivation to develop and undertake behavioural strategies that reduce their falls, if supported by staff and the ward environment.
http://bmjopen.bmj.com/content/5/12/e009780.abstract?sid=10adb862-fdc1-4911-8fcd-13527306a4c0

Share your news
Do you have any news on Falls Prevention you want to share with others on the network, or report on a project that is happening in your area. We also welcome suggestions for articles and information you would like to see in this newsletter.
Send your news and suggestions to: fallsnetwork@neura.edu.au

Website: fallsnetwork.edu.au

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