Falls

Not a normal part of Ageing:
Building Sustainability into Strength & Balance programs in Uniting’s Retirement Villages
Presenter:

Ms. Anne Kalra
Team Leader Health and Wellbeing NSW ACT, Independent Living

Uniting
Background Information on Uniting

1. Uniting is the leading providers in aged care providing services in the community, Retirement living and Residential aged care facilities;

2. As of 25th November 2015 we are called Uniting (instead of UnitingCare).

3. As an organisation we go an extra mile for making a positive difference in people’s lives we serve;

4. At Uniting we have a strong commitment in engaging with Culturally diverse organisation and providing services to people from people from diverse cultural backgrounds;

5. We have 8000 staff; 30,000 clients, 3000 volunteers;

6. We have 80 retirement villages across NSW and ACT.
Organisational Focus on Positive Ageing

Falls – Not a normal part of Ageing
Falls are a common problem for older people and Good News is that Falls are Preventable.
We busted one simple myth for our residents:

That falls are inevitable part of getting old; and shared with them through this simple video the surprising truth that the risk of a fall decreases with one thing - exercise

https://youtu.be/n8s-8KtfgFM

Video clip, courtesy from Chartered Society of Physiotherapy

Short Version of Preventing Falls and Harm From Falls in Older
Falls prevention exercises - Older People's falls video- YouTube
https://www.youtube.com/watch?v=n8s-8KtfgFM
Sold the Benefits of Strength & Balance Program to our residents living in Retirement Villages – Through 3 simple strategies:

1. We empowered our residents with information on health benefits of staying fit and healthy and started with simple message:
   
   *It’s Never too Late to Start an Exercise Program*

2. We shared Evidence based studies with them;

   *Result: Residents have been driving this program for 3 years now since completing 7 weeks of Stepping On Program in 2014.*

3. *Focused on Strength and Balance instead of calling it Falls Prevention Program*
Sustainability and Empowerment – 2 Key foundations for our success

Embedded it in Position Description of Support Advisor – Social Activities – Facilitating Enablement Programs; Creative Ageing Programs; Building residents Strength and Balance

Overall Results:

Improvement in our Residents Health and Wellness;
Resident Satisfaction;
Social engagement of residents
End Result: Is it really the end or Just the Beginning

- Wellness Approach
- Sense of Belonging and Purpose
- Things that have worked for us
- Being Ambassador for Strength & Balance Program
- Plans for next 5 years

Uniting
Thank you