

Working together to reduce falls in people from ethnically diverse communities.

Professor Cathy Said



THE UNIVERSITY OF
MELBOURNE



Western Health





CS0

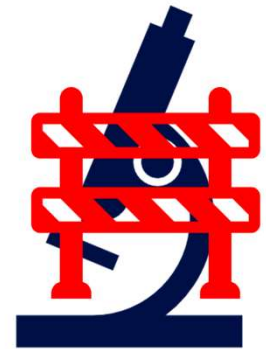
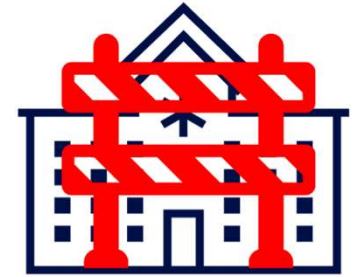


Slide 3

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Update photo and add new logo

Cathy Said, 2025-04-17T03:56:42.075





Phase 1: Codesign

Co-design intervention (*Move Together: Reduce Falls*) to support exercise engagement to increase exercise in CALD communities.

MRFF 2021 DAAC Innovation Grant 20159630

Phase 2: Pilot Trial

Assess
i) implementability of *Move Together: Reduce Falls* ii) feasibility of conducting a two-arm RCT.

MRFF 2022 ETT 2023755
Ian Currie Rollo Estate Foundation

Phase 3: Hybrid Effectiveness-Implementation Trial

Evaluate effectiveness of *Move Together*, process evaluation to inform development implementation strategies.

MRFF 2022 DAAC 2023806

Codesigning *MOVE Together: Reduce Falls*



Focus on 3 communities:

- Italian
- Arabic-speaking,
- Cantonese and Mandarin speaking

Research Team: 20 – 24 members

15 workshops, 75 participants

- 63 older people from CALD communities
- 39 (62%) required interpreters
- 12 health care workers

Tested prototype with 6 older people

The Codesigned Program.



Evidence based



Delivered in participant's homes **OR**



10-12 sessions over 9 months



Telehealth options



Delivered by healthcare professionals



Option to participate with a buddy (dyad)



Exercises tailored & progressed
Behaviour change



Online peer support



التحرك معًا: يقلل من السقوط

Piu' Movimento: Meno cadute

一起动起来: 预防跌倒

Standing up
from a chair
without using
your hands





不借助双手的力量从椅子上站起来



1. 坐在一把平稳的椅子上
2. 不借助双手的力量站起来
3. 再慢慢坐回去
4. 重复 ____ 次

Exercise 2-Standing up from a chair without using your hands
Move Together: Reduce Falls Written Exercise Simplified Chinese Version 1 (20.8.24)

لسقوط.

EXERCISE FOR FALLS PREVENTION

أخصائي الصحة

If you have had a fall, or have a health condition, talk to a health professional about what exercises are suitable for you.

لتمارين المناسبة؟

WHAT TYPE OF EXERCISE?

A combination of strength and balance exercises can reduce falls risk by 24%.

Must include balance exercises.



Must include everyday or 'functional' movements.



Light weights can be added for strengthening.



TaiChi can be included as a form of balance exercise.



HOW MUCH EXERCISE?

3 hours every week is associated with greatest benefits.

WHERE/HOW TO EXERCISE?

Up to You!

Where and how you exercise depends on your preferences.

ANY ACTIVITY IS BETTER THAN NONE.

Both group and individual exercises can reduce falls risk.

Both home-based and centre-based exercises can reduce falls risk.



التحرك معاً يقلل من السقوط
Più Movimento: Meno cadute
一起动起来: 预防跌倒

PREPARED BY: MOVE Together: Reduce Falls research team.
FUNDED by: Medical Research Future Fund (MRFF).
Version 1 Dated 14Feb24



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EXERCISE

For Mobility and Independence

STAI F

Più della

ARE YOU GETTING ENOUGH PHYSICAL ACTIVITY?

More than half of older people do not exercise enough.

Quantità

150 minuti

che può e

Amount of exercise recommended for older adults
150min moderate intensity exercise per week.
Can be accumulated in 10 min intervals too.

Any physical activity is better than none.

WHAT CAN EXERCISE DO FOR YOU?

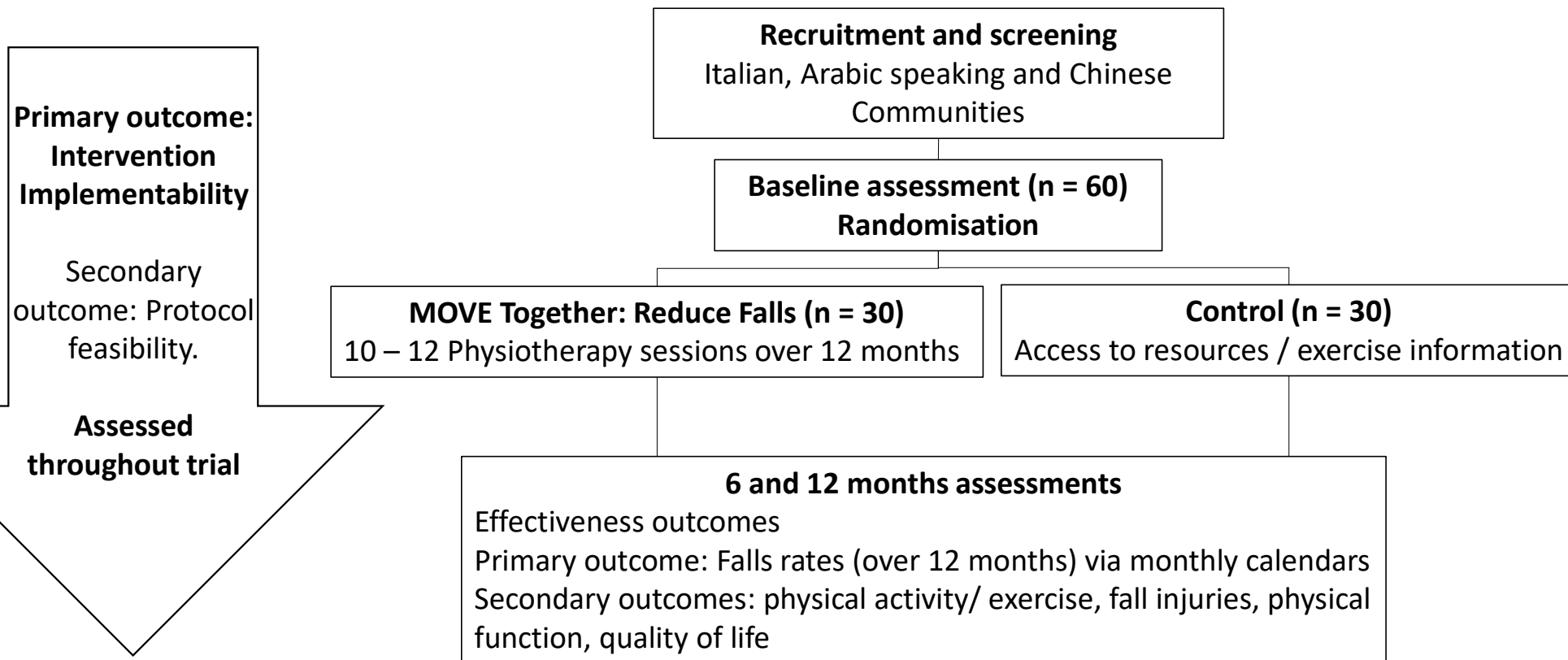


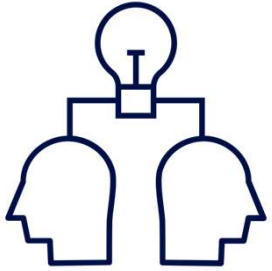
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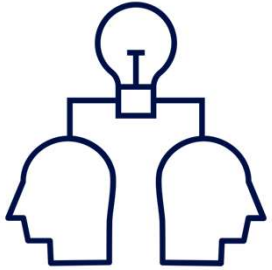
MOVE Together: Reduce Falls Pilot Trial





Translating meaning/ concepts is complex

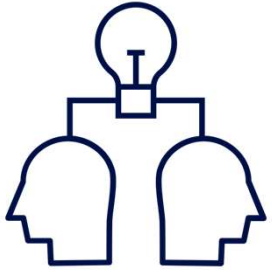




Translating meaning/ concepts is complex

Allow adequate time & be prepared for additional complexities



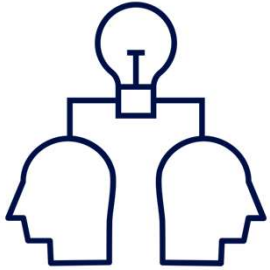


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Don't make assumptions



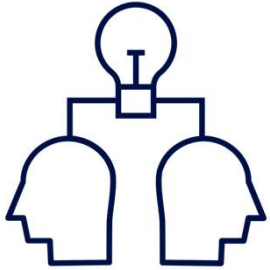


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Tension between being respectful of culture and risk of 'othering'



Translating meaning/ concepts is complex.

Allow adequate time & be prepared for additional complexities.

Don't make assumptions.

Tension between being respectful of culture and risk of 'othering'.

Strong relationships with stakeholders and interpreting services critical.



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