



# **What's happening out west?**

## **Insight into WA's Stay On Your Feet<sup>®</sup> program**

Roisin Sweeney  
General Manager – Injury Prevention



Injury Matters acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.

Our Reconciliation Action Plan can be found at [www.injurymatters.org.au](http://www.injurymatters.org.au)

*Artwork by Mel Spillman (Woods) of Maarakool Art*



# ABOUT INJURY MATTERS

*who we are*

**Helping people recover from injuries.  
Or, better still, avoid them altogether.**

We're Injury Matters, WA's injury prevention and recovery specialists.

At Injury Matters, we innovate and deliver injury prevention and recovery programs and solutions that empower people, organisations and policymakers across WA to make informed, safer choices.

[www.injurymatters.org.au/about](http://www.injurymatters.org.au/about)



prevention to recovery

# STAY ON YOUR FEET®

Move Improve Remove

**Stay On Your Feet® provides information and strategies for older adults, their friends, family, and health professionals to prevent slips, trips, and falls.**

The Stay On Your Feet® program is provided by Injury Matters and funded by the Department of Health Western Australia.



# Program objectives and target audience

- 1 Increased awareness that falls are preventable.
- 2 Increased awareness of falls risk factors.
- 3 Increased awareness of the importance of healthy ageing.
- 4 Increased knowledge of how to reduce modifiable risk factors for falling.

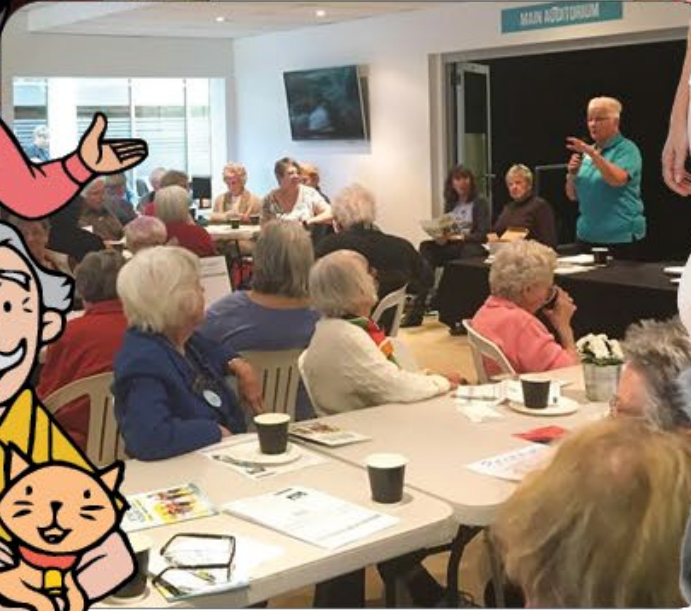
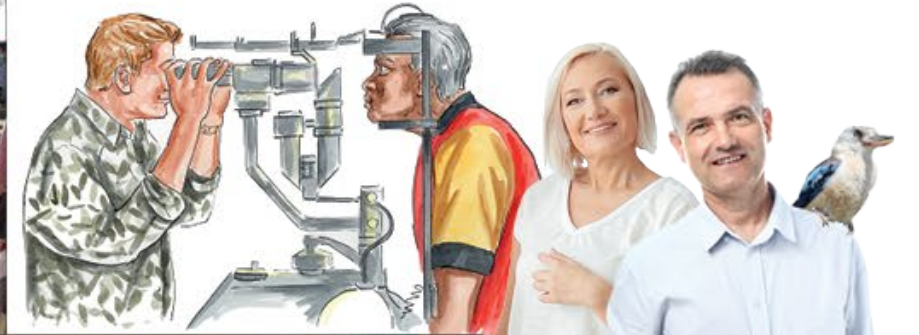
## Primary target audience

Aboriginal people aged 45+  
Non-Aboriginal people aged 60+  
\*Live in the community in WA\*

## Secondary target audience

Health professionals, community workers and volunteers who work with older people in the community

# Stay On Your Feet® Evolution



# STAY ON YOUR FEET<sup>®</sup>

Move Improve Remove

## Move Your Body



Build your balance



Strengthen your legs

## Improve Your Health



Check your medicines



Keep a healthy mind



Fuel your body

## Remove Hazards



Make your home safer



Check your eyesight



Wear safe footwear

# FALLS ARE PREVENTABLE!

# Stay On Your Feet<sup>®</sup> Program Structure

## Awareness Raising

Mass Media Campaigns

Resources

Website and eDirectory

Community Engagement

## Workforce Engagement

Workforce Development

Grants and Coaching

Influencing

# Mass media campaign





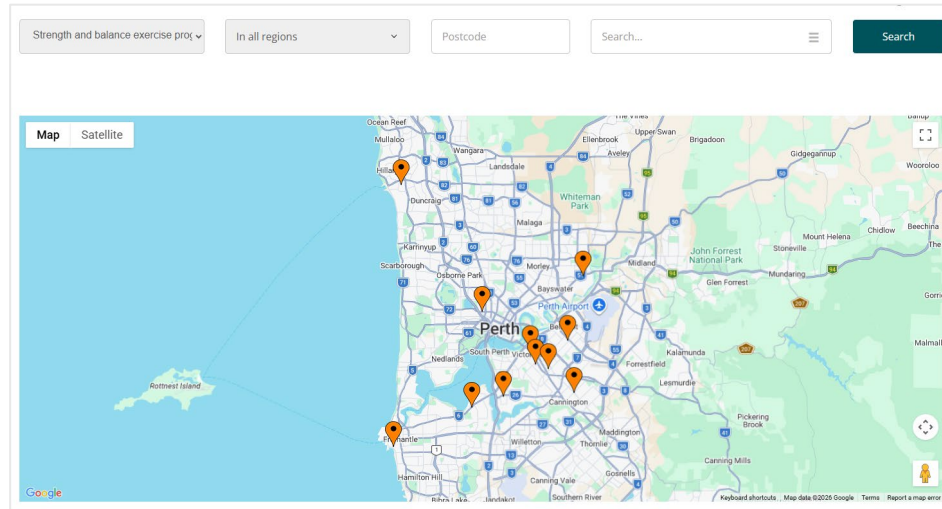
# Resources and Website

> **Info for Over 60s** ^

- Falls Risk Checklist
- Build Your Balance
- Strengthen Your Legs
- Move Your Body Quiz
- Check Your Medicines
- Keep A Healthy Mind
- Fuel Your Body
- Make Your Home Safer
- Check Your Eyesight
- Wear Safe Footwear
- Home Safety Quiz
- What if I have a fall?
- Learn more about falls** ^

**Info for Workers** v

- Program Resources
- Grants** v
- Training and development** v
- Book a Presentation
- View the eDirectory



**STAY ON YOUR FEET®**  
Move Improve Remove

**ĐỨNG VỮNG TRÊN ĐÔI CHÂN CỦA MÌNH**  
Vận động Cải thiện Lưu ý

**STAY ON YOUR FEET®**  
Move Improve Remove

**CHECK YOUR MEDICINES**

**Remove Hazards**

**HOME SAFETY GUIDE**

**FALLS ARE PREVENTABLE**

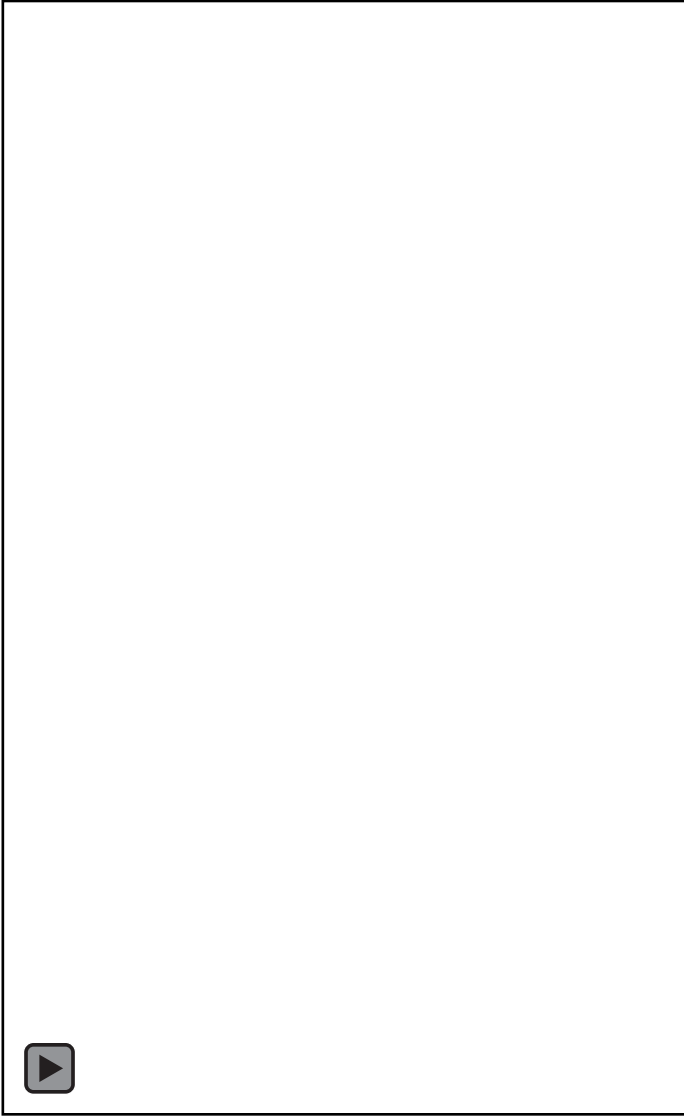
Visit [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au) or call 1300 30 35 46



# Peer Education



# Community Outreach



# Workforce Development



Workshops and in-person training events



Webinars



On-demand training (Active Balance, Otago, LiFE and Support Workers)



Online learning modules



Quarterly Community Falls Network



# Grants and Coaching

## Julie Ruzich Physiotherapy and Functional Solutions OT Services

- 8-week Otago Exercise Program
- Attended by 40 older adults
- Delivered in the South West of WA

*“It’s surprising to see how much my balance has improved over the short time in the program. I can balance on one leg with my eyes closed, which I couldn’t do before.”* Grant participant.

*“We feel fortunate that the grant enabled two local therapists the chance to provide this service to our community.”* Grant recipient.



# Influencing



## 2025 WESTERN AUSTRALIAN FALLS REPORT



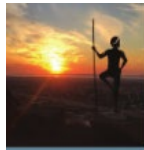
### CHRISTINE WON'T LET AGE TRIP HER UP *case study*

Christine has witnessed how falls can have long-lasting impacts on older adults, including losing a lot of their independence. Knowledge of these incidents within her retirement village, along with personal preparation, if she did ever have a fall, has served Christine very well. At 82 years of age, Christine has only recently experienced her first fall.

Christine's achievement of avoiding a fall for so long is inspirational. She uses proactive methods to keep her body and mind in good shape. Knitting, painting, sewing and collating her family's history are just some of the 73 hobbies Christine has! Her general outlook on life is also something anyone can aim for.

**"I try to stay on the positive side because to me that's so important, so I'm doing positive things for myself."**

Christine is also aware of potential environmental hazards in her home and takes the necessary steps to ensure she is safe.



### KARRATHA CENTRAL HEALTHCARE *case study*

In recognition of the Karratha local government area having a significantly higher rate of falls than the state average, many local residents living with multimorbidities that increase their fall risk, and there being no local falls prevention programs, Karratha Central Healthcare applied for and received a Stay On Your Feet® Community Grant to fill an unmet gap in the local community.

Focusing on the Fuel Your Body aspect of falls prevention, the project aimed to engage with older adults in the Roebourne community to increase their understanding of the importance of good nutrition and the link between nutrition, strength and balance in preventing falls. Additionally, the project sought to provide participants



### KEEPING PATIENTS SAFE AT HOME *case study*



On January 22<sup>nd</sup> 2025, 86-year-old Vicki slipped in her laundry and couldn't get up. Fortunately, she wasn't injured, but her daughter, Lety, called 000 for help.

ECP Intern Dr. Liz Brown arrived promptly, conducted a thorough falls assessment, and identified Vicki as high-risk. She immediately secured a referral to the OPH GARM team, who accepted the case. The GARM Care Navigator contacted Lety and her daughter the same day to screen for appropriate services and needs, and it was determined that an appointment in the Frailty Rapid Access Clinic was appropriate to support Lety's clinical needs.

"Liz was fantastic" Lety said. "She was thorough, asked all the right questions, and made sure we had the right support to keep Mum safe at home. She even arranged an appointment at Osborne Park Hospital and called the next day to follow-up and make sure everything was still good with Mum".



# Barriers and challenges

- ⚠ Ageing population
- ⚠ Funding
- ⚠ Isolated health services
- ⚠ Competing priorities in the ageing/health portfolios
- ⚠ Geography
- ⚠ Lack of accessible community falls prevention activities
- ⚠ Capacity



# What impact is the program having?

Annually;

- ✓ 200,000+ older adults reached via mass media
- ✓ 130,000+ resources distributed
- ✓ 60,000+ website users
- ✓ 2,500+ Peer Education presentation attendees
- ✓ 1,700+ community members engaged with at external events
- ✓ 1,000+ training attendees
- ✓ 500+ eLearning completions

**96%** of peer education participants reported an increased understanding of what they can do to reduce their risk of having a fall (n=480)

**96%** of training participants reported an increase in skills following their participation in a training event (n=137)

# What impact is the program having?

*“ I left the event feeling encouraged and motivated to reorganise my priorities in order to stay on my feet. ”*

Campaign event attendee

*“ I use your flyers daily to build my balance and strengthen my legs. ”* Resource recipient.

*“ Very good information and presentation. There are a few things I will do to not fall again. ”*

Peer Education participant

*“ I didn't know any of the other oldies before joining the program. We have now committed to catching up weekly to socialise and keep building our strength. ”* Grant participant.

*“ All participants improved their strength and balance and reported a better understanding of falls prevention and wellbeing strategies. ”* Grant recipient.

# What are some foundational principles?

- 1** Focus on healthy ageing and positive value-based framing.
- 2** Offer a variety of engagement avenues.
- 3** Implement a diversity of targeted promotional activities.
- 4** Build partnerships and collaborate.
- 5** Co-design, co-design, co-design.

# CONNECT

*get involved*



[www.injurymatters.org.au](http://www.injurymatters.org.au)



(08) 6166 7688



[rsweeney@injurymatters.org.au](mailto:rsweeney@injurymatters.org.au)



[www.injurymatters.org.au](http://www.injurymatters.org.au)



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# QUESTIONS

*and answers*

