



Falls Prevention in Rural and Remote Communities

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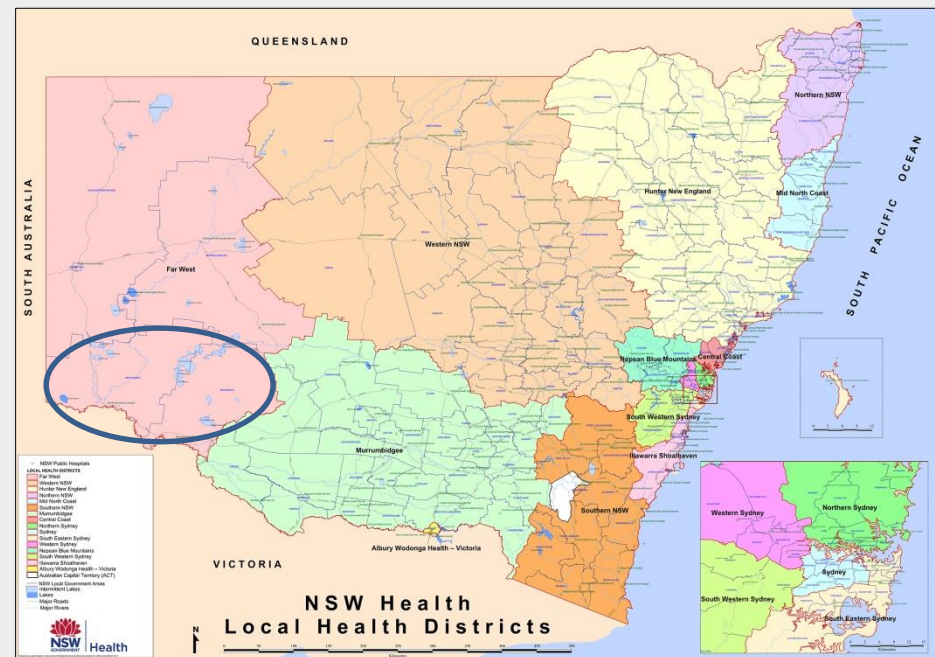


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Demographics

- DPHC services both Wentworth and Balranald Shires, covering an area 47,989 sq km, with a population of approximately 10,000 people
- Encompassing the townships of Wentworth, Dareton, Buronga, Gol Gol, Euston, Balranald and Pooncarie
- Dareton is 1,075 km from Sydney, 585 km from Melbourne and 420 km from Adelaide and is located within New South Wales, bordering with Victoria and South Australia





Stepping On

- A 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



Clemson and Swann, 2008



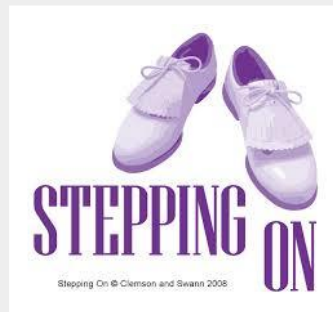
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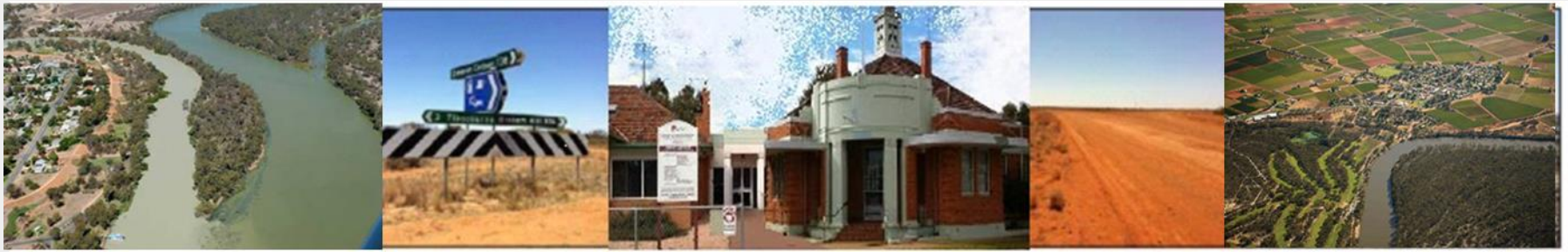


Stepping On

- 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





Move2music

- Move2music is a project developed by DPHC in partnership with other community services. Held 4 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



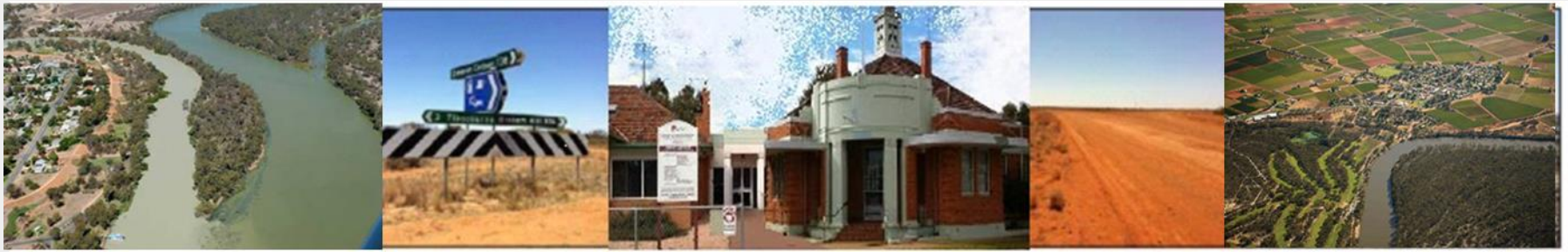


Fit & Strong

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 Leader training





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






ENOCC

Early Notification of Complex Clients

- Tool developed to promote a multidisciplinary approach of shared responsibility in regard to complex clients
- Collaborative approach between community and acute care to ensure seamless provision of service across the continuum of care, enhancing discharge planning, ensuring appropriate management of clients and reducing the risk of inappropriate hospital admissions
- Notification within 24hrs of presentation to hospital
- Sharing of information with consent
- Referral form is simple
- Timely response



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Dareton Health Centre Private and confidential

ENOCC

Early Notification of Complex Clients

Facsimile transmission

To: Dareton Community Health Centre Primary Health / ACAT Fax: 50 274109

From: Mildura Base Hospital Total 1 page

Client name: _____ Phone number: _____

Consent for referral to DHC: Client Signature _____

Referring person _____ Contact number _____

Date of admission: ____/____/____

<input type="checkbox"/> Palliative	<input type="checkbox"/> Dementia
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Fall
<input type="checkbox"/> Chronic disease	<input type="checkbox"/> Aboriginal
<input type="checkbox"/> Complex medical issues	<input type="checkbox"/> Child with a disability
<input type="checkbox"/> Multiple admissions	<input type="checkbox"/> Sexual Health
<input type="checkbox"/> Does not have a carer	<input type="checkbox"/> Maternity
<input type="checkbox"/> Lives alone	<input type="checkbox"/> Child Health
<input type="checkbox"/> Carer strain	<input type="checkbox"/> Mental Health

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Other Falls Prevention Activities

- Provide falls education to the community, including NSW Falls Prevention Network Resources
- Health Promotion activities related to falls prevention DPHC has undertaken include:
 - Annual April Falls activities
 - Health Promotion stand at various local events, Wentworth Show, Pooncarie Field Days
 - Presentation at Senior Citizens day during Seniors Week
 - SKIRTS Aqua fitness program run during summer
 - Get Healthy: Information and Coaching Service
 - Regular primary health interactions with Men in Sheds
 - Walking programs