

Falls



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

Uniting



Presenter:

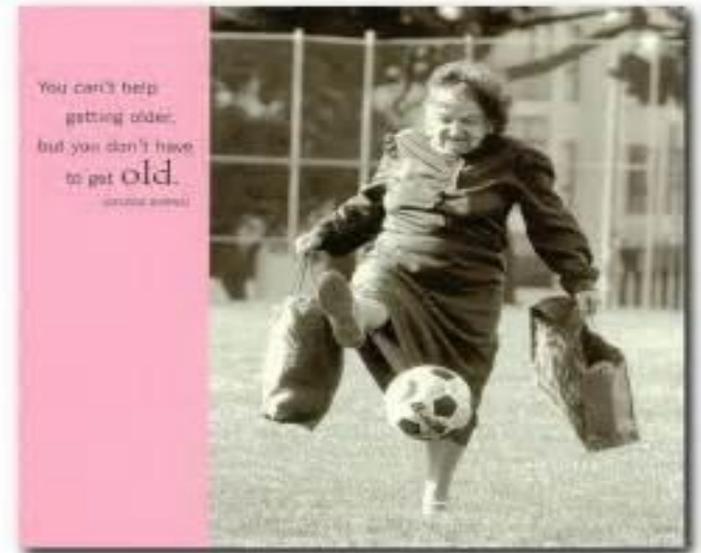
Ms. Anne Kalra
Team Leader Health
and Wellbeing NSW
ACT, Independent
Living
Uniting

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



Uniting

Falls are a common problem for older people and Good News is that Falls are Preventable

Risk factors for Falls



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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>

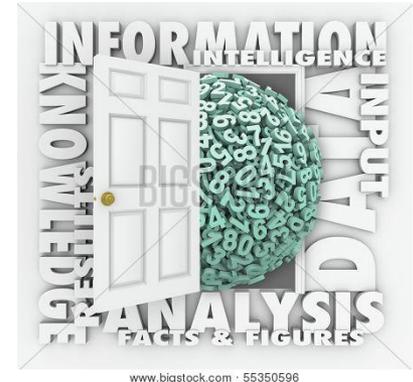
Video clip, courtesy from Chartered Society of Physiotherapy

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)

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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

Over all Results:

Improvement in our Residents Health and Wellness;

Resident Satisfaction;

Social engagement of residents



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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**



Thank you

Uniting