

2023 NSW Fall Prevention and Healthy Ageing Network Annual Survey Report

An online survey was prepared using Survey Monkey to obtain feedback from members of the NSW Fall Prevention and Healthy Ageing Network on the activities and resources provided by the network and to seek suggestions for further information, resources and activities that they would find helpful in their falls prevention roles. The survey questions are attached to the end of this report. The survey was circulated on the Network email list and responses collected throughout the month of July 2023. A total of 148 responses were collected from a network membership of approximately 1940.

EXECUTIVE SUMMARY

This survey of 148 members of the NSW Fall Prevention and Health Ageing Network found that the network provides a range of activities and information resources that are invaluable in the day to day practice of clinicians caring for older people and that it reaches professionals working in all Local Health Districts in NSW in a diverse range of roles and work settings.

The network has diverse membership and this was evident in the respondents to the survey with 43% working in Allied Health (Physiotherapy, Occupational Therapy and Exercise Physiologists), followed by Nursing (24%), Health Promotion Practitioners (6%), Falls Prevention Coordinator (6%), Physical Activity Providers (5%), Health Managers (4%), Researchers (1%), Medical Practitioners (1%) and Other (16%).

Network members work in a variety of settings and 45% respondents worked in the Public Hospital or MPS, 32% in Community Health, 10% in the private sector or self-employed, 3% in University or Research Institute, 13% in Residential Aged Care and 13% other settings.

All Local Health Districts in NSW were represented by 81% of survey respondents, with the rest from Interstate and overseas.

Barriers to falls prevention reported by respondents included availability of resources and funding (20%), issues of patient compliance and motivation (15%), staffing shortages (13%), time (13%) and staff skill and knowledge (12%).

The most effective mechanism to reach respondents with falls prevention information and updates was through the email list (67%) as well as the website (47%) and the e-newsletter (35%).

Most respondents (76%) indicated that the website easy to navigate provided sufficient information and resources and did not require any improvements. Suggested improvements included: being more user-friendly (e.g. search function), more information on Stepping On and community projects, strategies and recommendations to go with presented evidence, the addition of more Aboriginal and CALD community information.

Over 70% of respondents indicated they were satisfied or very satisfied with the following activities provided by the NSW Falls Prevention Network; Falls Links e-Newsletters, Falls Network website, communication on the email list, Falls Network meetings and forums and webinars. With

regards to the awareness of activities, 39% were unaware of the network on social media and 24% were unaware of the publication of mini-reviews.

A range of topics were suggested for mini-reviews including Parkinsons Disease, postural hypotension, medications, stroke and vision. Some mini-reviews on these topics have already been published on the website and in the e-newsletter, with the lack of awareness of these reviews highlighting the importance of circulating these mini-reviews more widely through the Falls Links e-Newsletter and social media.

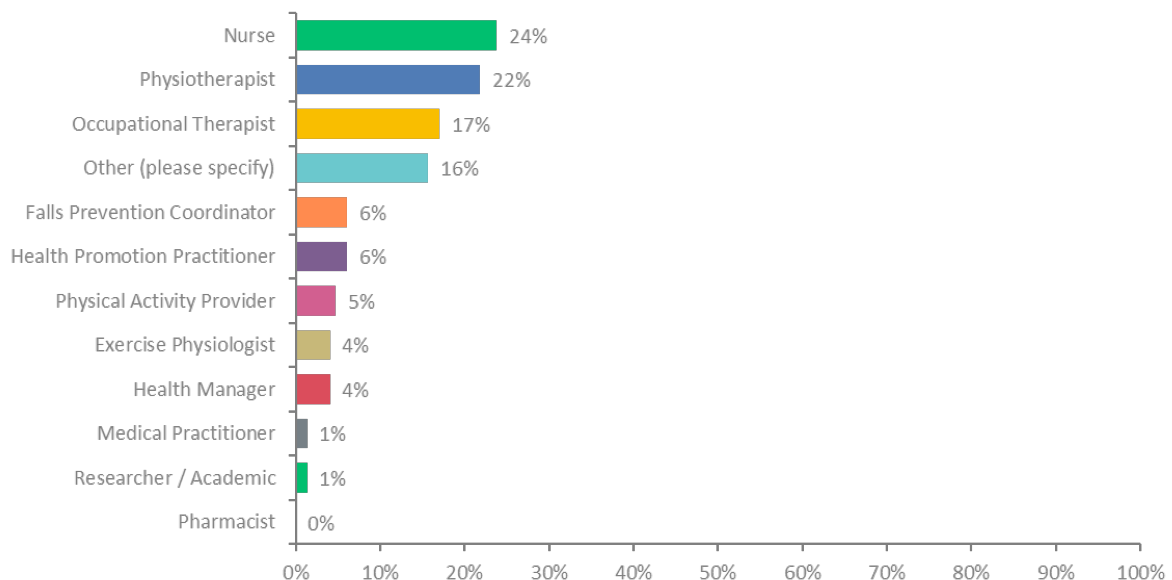
Respondents provided suggestions for resources and improvements to the website including; more webinars and CPD options, research updates, videos and information on basic daily/community exercises, and the possibility for resources to be translated to other languages.

As this is an on-line survey, the responses have its limitations in the response rate and many members may not have accessed their emails or have on-line access to respond.

SURVEY SUMMARY

The majority of respondents work were in Allied Health (43%). Respondents' professional roles are summarised in figure 1.

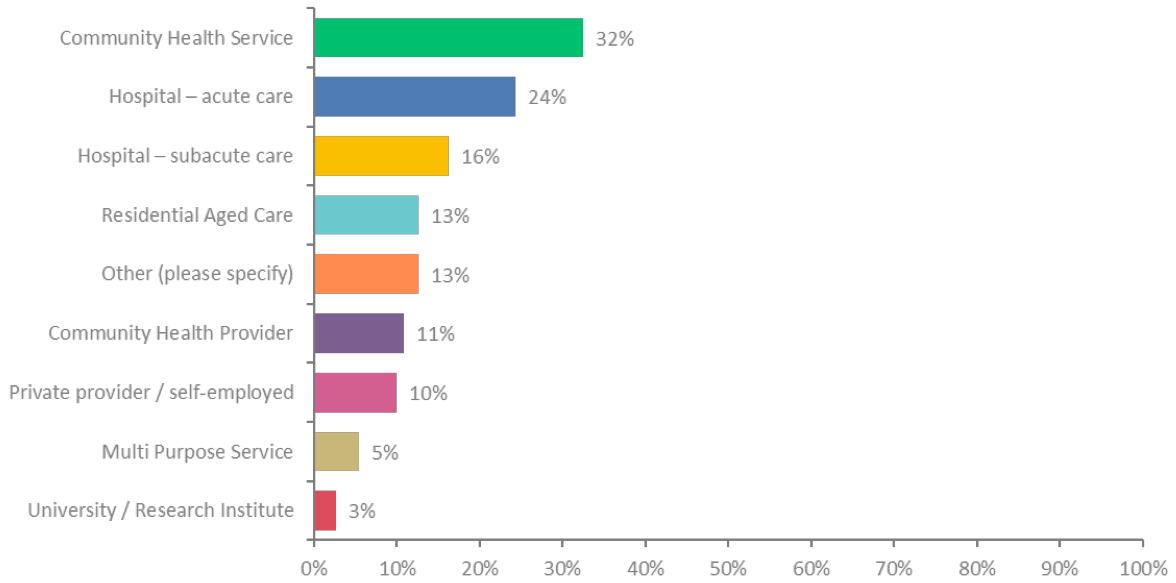
Figure 1.



Other professional roles include podiatrist, optometrist, allied health assistant and those working in assistive devices technology sales/business development.

The work settings of survey respondents are summarised in Figure 2.

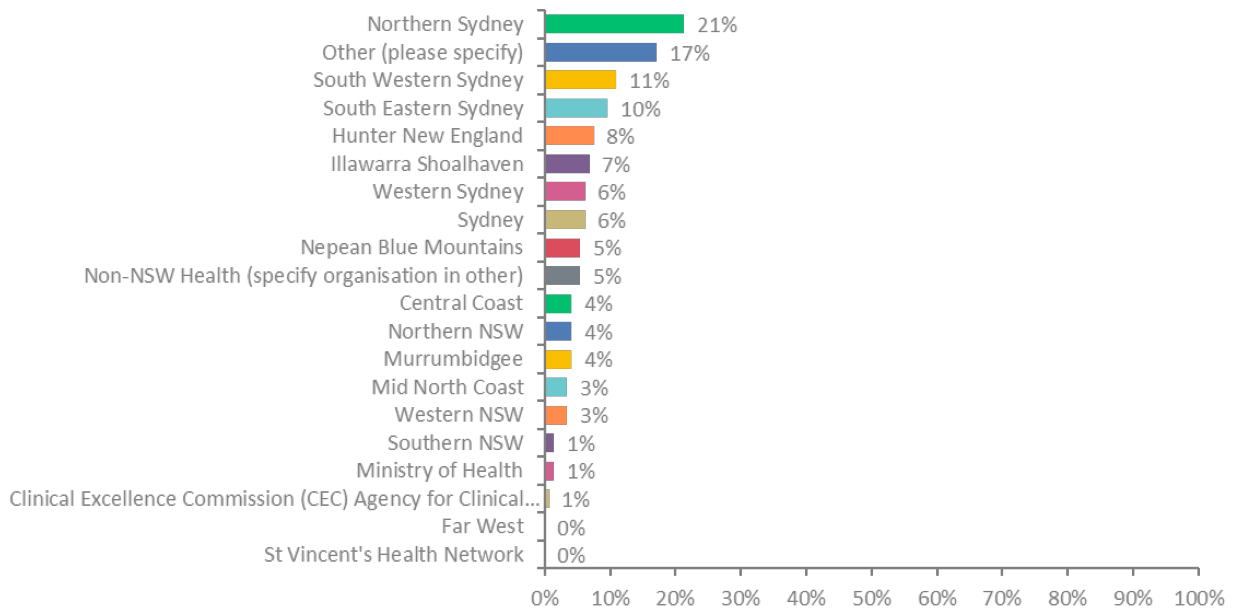
Figure 2.



Other work-setting categories included ambulatory care, home care providers and patient transport.

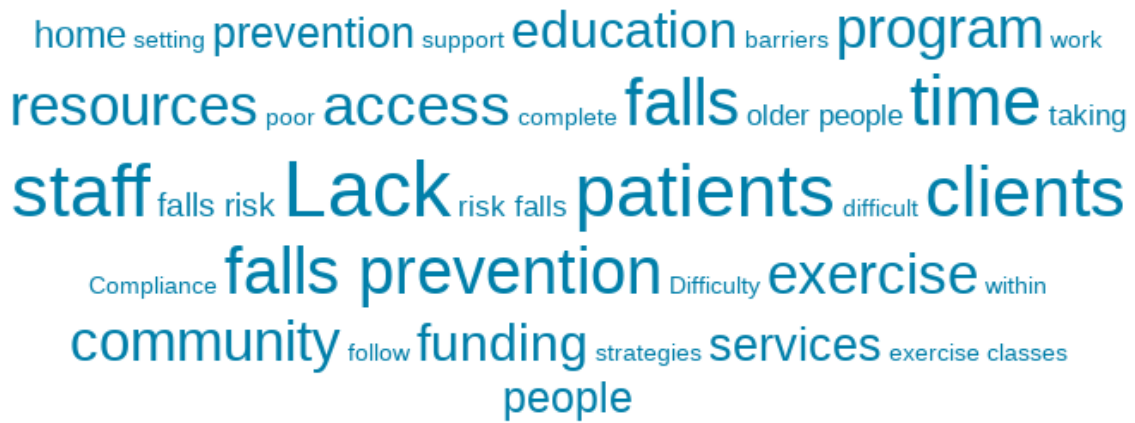
All NSW Local Health Districts in NSW (total 81%), except for Far Western NSW, were represented in the survey.

Figure 3.



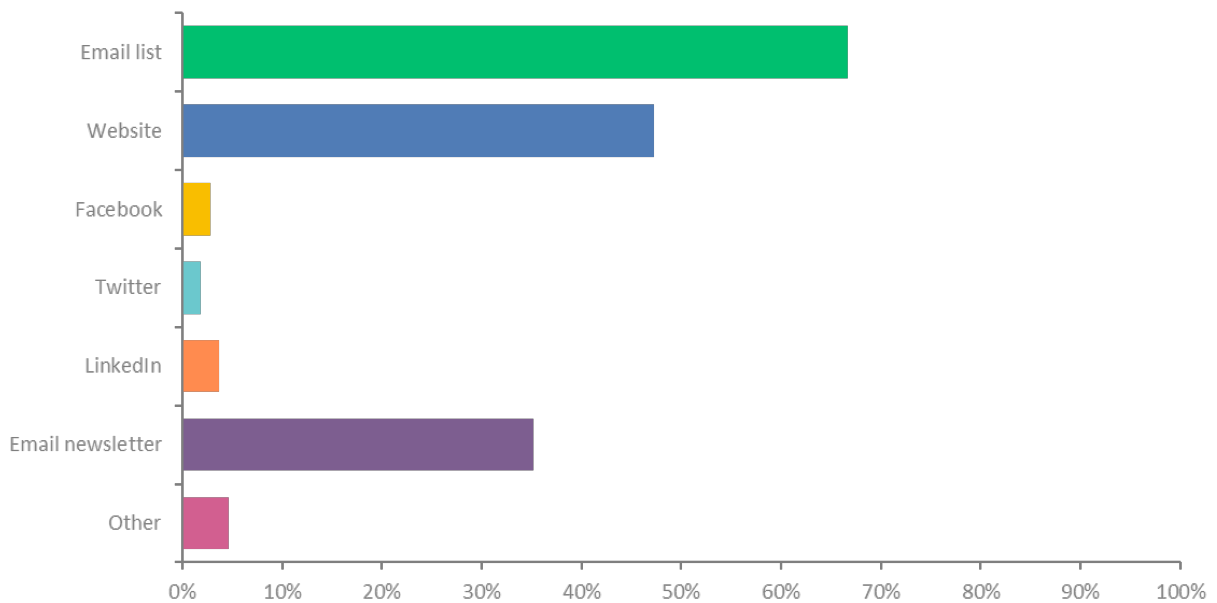
The main theme regarding barriers around falls prevention faced by respondents are listed below in Figure 4:

Figure 4.



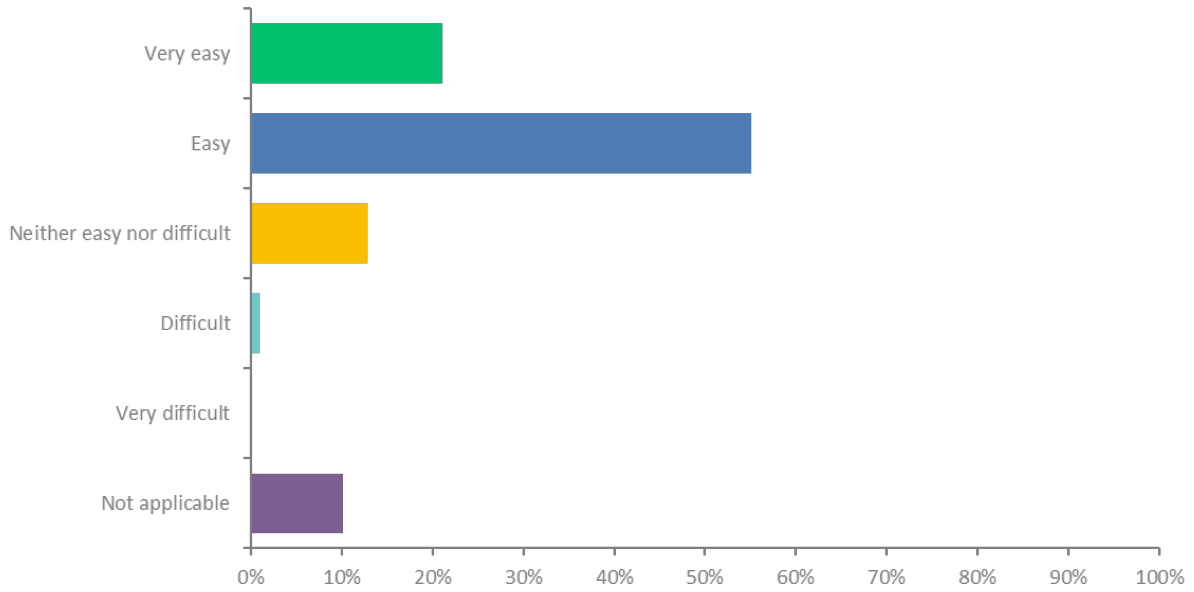
The usual way that respondents accessed the NSW Falls Prevention Network included:

Figure 5.



Other ways included attending falls forums and webinars.

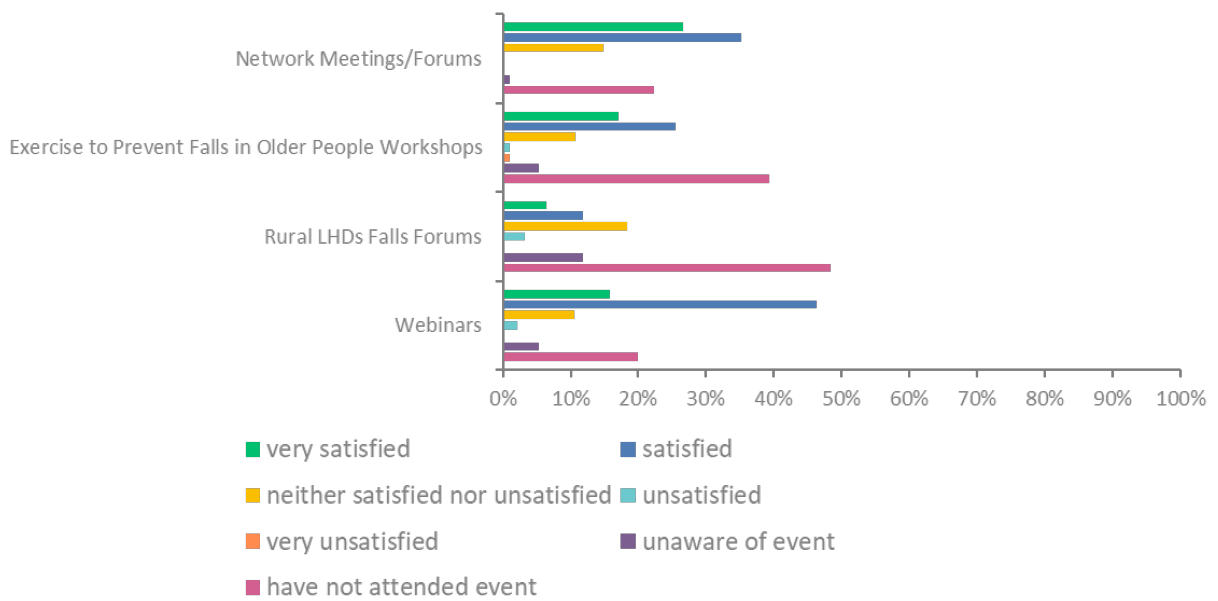
Figure 6.



The website was found to be easy or very easy to navigate by 76% of respondents.

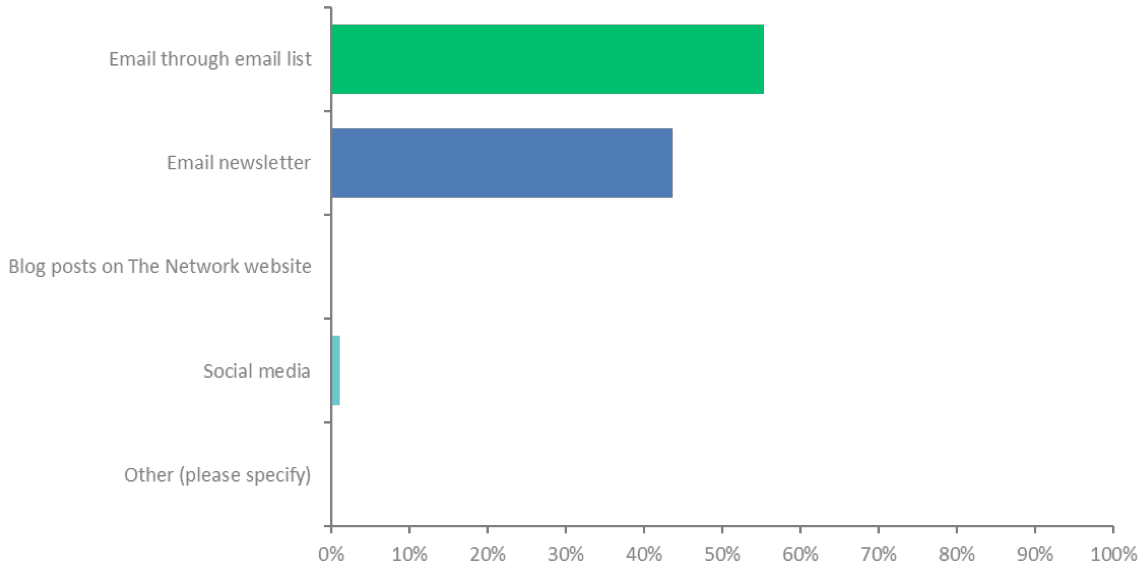
The majority of respondents were satisfied with the events promoted by the network.

Figure 7.



Most of the respondents are subscribed to the email list (62%) for news and updated on falls, with emails being the preferred method of communication for fall prevention information.

Figure 8.



In conclusion, the majority of respondents were satisfied with the activities and information provided by the NSW Falls Prevention Network and would like to see the continued provision of these activities and updates of information. The suggestions provided by respondents will be incorporated into the ongoing update of the NSW Falls Network website and activities of the network.