

**NSW FALL PREVENTION AND HEALTHY AGEING NETWORK  
EXERCISE TO PREVENT FALLS IN OLDER PEOPLE WORKSHOP  
Ballina Beach Resort - NNSWLHD  
21 SEPTEMBER 2024 EVALUATION SUMMARY**

The NSW Fall Prevention and Healthy Ageing Network “Exercise to Prevent Falls in Older People Workshop” was run on Saturday 21 September 2024 at the Ballina Beach Resort in Ballina.

The workshop was presented by Prof Cathie Sherrington, Dr Jennie Hewitt, Mr Steven Phu and Leanne White.

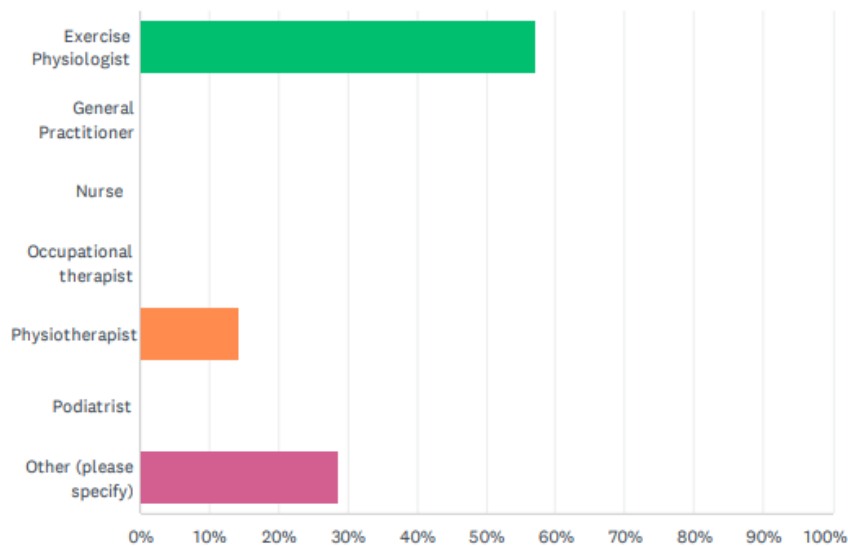
The workshop included 6 online learning modules completed through an online learning platform and a 3hr face-to-face practical session including fall risk screening, case study discussions, exercise demonstrations and an opportunity to develop and present an exercise class.

**Workshop Attendance**

17 people attended the workshop and 7 completed the workshop feedback survey. Attendees worked in hospital, community services and residential aged care, and respondents were predominately exercise physiologists and physiotherapists.

**Q1 What is your occupation / role**

Answered: 7 Skipped: 0



**Online Learning Feedback**

Feedback for the self-paced online learning modules was overall positive for the content and structure.

**Q2 The self-paced online theory modules met my expectations**

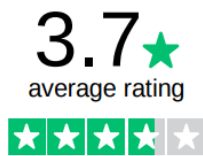
Answered: 7 Skipped: 0

**4.0**★  
average rating



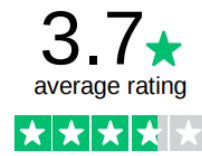
Q3 The self-paced online component was well structured

Answered: 7 Skipped: 0



Q4 The self-paced online theory content was appropriate

Answered: 7 Skipped: 0

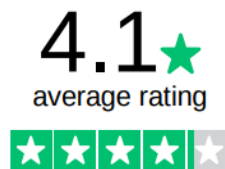


### Face to Face Workop

Feedback for the face-to-face component of the workshop was also largely positive, with respondents pleased with the timing and practical applications, and balance between theory and practical activities, finding the overall workshop to be beneficial for their work, and matching their current skill level.

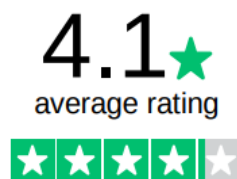
Q5 The practical workshop was well-paced and well-timed

Answered: 7 Skipped: 0



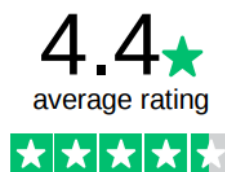
Q6 The practical workshop contained sufficient practical applications

Answered: 7 Skipped: 0



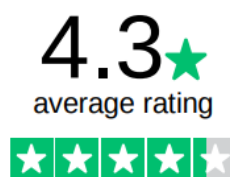
Q7 The information and/or skills presented were relevant and useful

Answered: 7 Skipped: 0



Q8 There was a good balance between theory and practical information

Answered: 7 Skipped: 0



### Q9 The workshop was worthwhile/applicable to my job

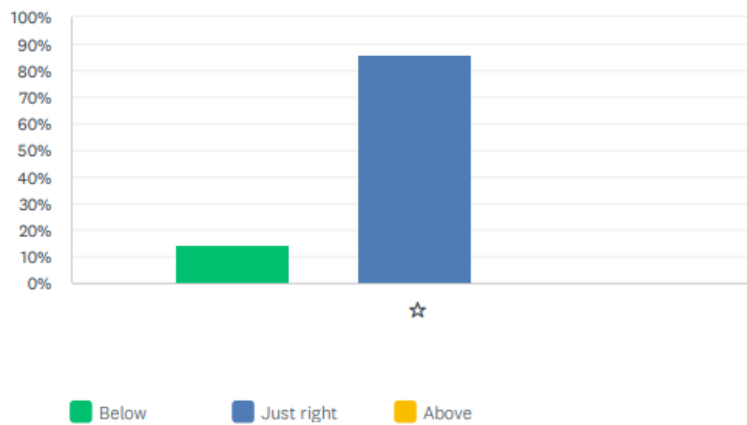
Answered: 7 Skipped: 0

4.6★  
average rating



### Q10 The workshop was above or below my current skill level

Answered: 7 Skipped: 0



#### Other Feedback and Suggestions

No responses were provided for questions regarding feedback and suggestions for future sessions, most interesting/relevant topics and least interesting/relevant topics.