

**NSW FALL PREVENTION AND HEALTHY AGEING NETWORK**  
**EXERCISE TO PREVENT FALLS IN OLDER PEOPLE WORKSHOP**  
***SNHN Training Rooms, Chatswood***  
**2 AUGUST 2025**  
**EVALUATION SUMMARY**

The NSW Fall Prevention and Healthy Ageing Network “Exercise to Prevent Falls in Older People Workshop” was run on Saturday 2 August 2025 at the SNHN Training Rooms, Chatswood.

The workshop was presented by Assoc/Prof Daina Sturnieks, a Conjoint Senior Research Scientist at UNSW Medicine and the Falls, Balance and Injury Research Centre at Neuroscience Research Australia, Sally Castell, a physiotherapist, and Dr Steven Phu, the Project Officer at the NSW Fall Prevention and Healthy Ageing Network.

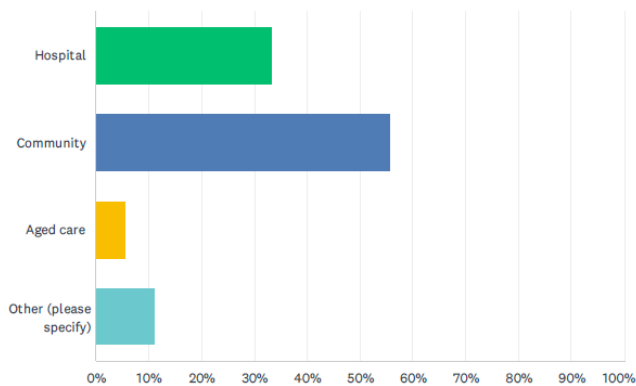
The workshop included 6 online learning modules completed through an online learning platform and a 3hr face-to-face practical session including fall risk screening, case study discussions, exercise demonstrations and an opportunity to develop and present an exercise class.

**Workshop Attendance**

28 people attended the workshop. Respondents (19 people) to the feedback survey primarily worked in the community setting (56%), followed by hospital (33%) and aged care (6%), and were predominately physiotherapists (39% of respondents), and podiatrists, osteopaths and pharmacists (11% each).

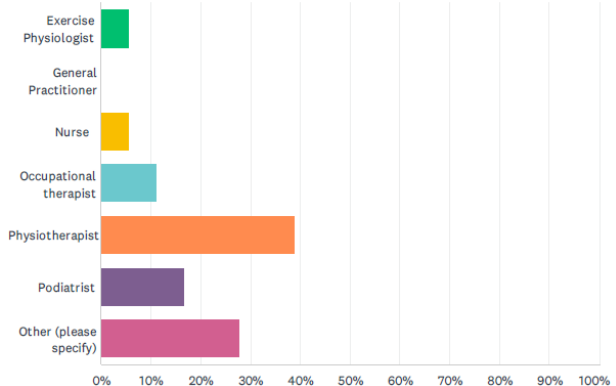
Q1 What is your healthcare setting

Answered: 18 Skipped: 1



Q2 What is your occupation / role

Answered: 18 Skipped: 1

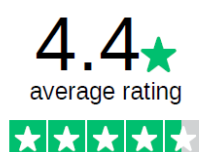


## Online Learning Feedback

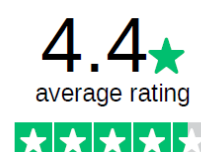
Feedback for the self-paced online learning modules was positive in terms of the content and structure.

Q3 The self-paced online theory modules met my expectations    Q4 The self-paced online component was well structured

Answered: 19    Skipped: 0

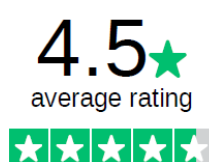


Answered: 19    Skipped: 0



Q5 The self-paced online theory content was appropriate

Answered: 19    Skipped: 0

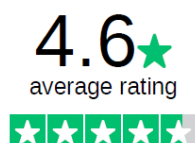


## Face to Face Workshop

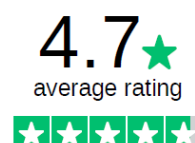
Feedback for the face-to-face component of the workshop was also largely positive. Respondents were pleased with the timing of the workshop and practical applications, information presented, balance between theory and practical activities, and found the workshop to be beneficial for their work, while also matching their skill level.

Q6 The practical workshop was well-paced and well-timed    Q7 The practical workshop contained sufficient practical applications

Answered: 19    Skipped: 0

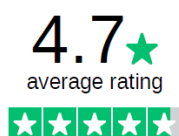


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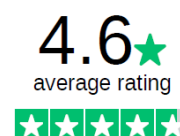


Q8 The information and/or skills presented were relevant and useful    Q9 There was a good balance between theory and practical information

Answered: 19    Skipped: 0

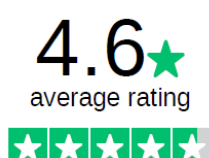


Answered: 19    Skipped: 0

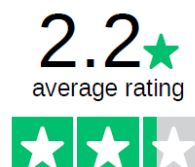


Q10 The workshop was worthwhile/applicable to my job    Q11 The workshop was above or below my current skill level

Answered: 19    Skipped: 0



Answered: 19    Skipped: 0



## Other Feedback and Suggestions

Responses to the open-ended questions for feedback and suggestions are below. Workshop attendees requested more time for the practical sessions (reduced time spent on theoretical components) and adjustments to the online learning modules (increased time for completion and feedback on questions). The list of suggestions is below.

RESPONSES
Videos demonstrating Sally's exercise ideas
More practical examples/time to discuss
More practical/exercise ideas would be better as already a lot of theory online
The combination of online theory and practical was perfect
The face to face session can probably go for a little longer to allow mingling between different health professionals (networking)
Please give more lead time for completion. One week was very tight to complete a 4 hours module with a lot of clicking
If it would allow us to know which questions we didn't get right

Finally, when asked what was most interesting/relevant about the workshop, attendees mentioned that they enjoyed opportunity to network with others working in the fall prevention space, practical activities, resources and discussion/availability of exercises that can be adapted for fall prevention.

RESPONSES
Discussion about PD in the case study. Exercise to music at the end, good reminders of important aspects, new resources e.g. compliance and motivation
Exercises suggested by Sally
Both theory and practical components
Practical component and meeting different professionals
Learning what others are doing in their daily practice
Practical workshops and collaboration
Practical exercises - including variety
Demonstration of activities and equipment
The exercise parts and ideas
The ease of finding relevant exercises
Exercises
Practical skills
Evidence based and practical. Having 2 speakers was excellent
The program and resources available other than "Stepping On"
Practical workshop/presentation of evidence