

2025 NSW FALL PREVENTION AND HEALTHY AGEING NETWORK

ANNUAL SURVEY SUMMARY REPORT

The annual survey was prepared on Survey Monkey to obtain feedback from members of the NSW Fall Prevention and Healthy Ageing Network (NSW FPHAN) 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 fall prevention roles. The survey questions and responses are attached to the end of this report. The survey was circulated on the NSW FPHAN webpage, email list and social media (X, LinkedIn, Facebook and Bluesky) and available to complete from the 8th of July until the 4th of August 2025. A total of 60 responses were collected from a network membership of 1655 people (those subscribed to Listserv).

RESPONDENTS – Role, Location and settings

This survey of the NSW FPHAN members 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 Local Health Districts across NSW and for a diverse range of roles and work settings.

Respondents came from a diverse range of roles (Question 1), including:

- Allied Health, including Physiotherapy, Occupational Therapy and Exercise Physiologists (41%)
- Nursing (23%)
- Researchers (8%)
- Health Promotion Practitioners (5%)
- Falls Prevention Coordinator (5%)
- Physical Activity Providers (5%)
- Health Managers (4%)
- Others (12%), including allied health assistants, those working in a government role in Aged Care and community workers

Except for Southern NSW LHD and Far West LHD, all Local Health Districts in NSW were represented by survey respondents (Question 2). Members from interstate (VIC and WA) and international (England, Turkey) locations were also represented.

Respondents worked in a variety of settings (Question 3), primarily in the hospital setting (47% of respondents) across acute (25%) and subacute (22%) care. Other work settings are as follows:

- Community Health Service (25%)
- Residential Aged Care (12%)
- Community Health Provider (10%)
- Private / self-employed (8%)
- Multi-purpose service (6%)
- University/Research Institute (6%)
- Other (14%), including district/state roles, outpatient programs and consulting

With regards to the role respondents were involved in (Question 4), the majority of respondents were clinicians (62%) and spent time with patients/clients by prescribing exercise interventions of any nature (58%). Other roles included co-ordinators (36%), fall prevention committee members (32%), fall prevention champions (32%), education (26%) and research (16%).

RESOURCES and BARRIERS – Role, Location and settings

When asked what resources would be most useful to the respondent's day-to-day practice (question 5), responses includes the following:

- Fall prevention guidelines
- Exercise prescription guidance for healthy and clinical populations (e.g. a standardised list of exercises)
- Factsheets / one page summary handouts
- Patient education resources
- Videos
- Training opportunities

Barriers to falls prevention reported by respondents (Question 6) included availability of resources and funding, issues of patient compliance and motivation, staffing and skill levels, and falls prevention not seen as a priority in their LHD. The importance and difficulties in involve all parties ranging from management to patients was also a factor.

ACTIVITIES AND EVENTS RUN BY THE NSW FALL PREVENTION AND HEALTHY AGEING NETWORK

When asked how satisfied respondents were regarding the activities (Question 7) and events (Question 9) that were run by the NSW FPHAN, the majority of respondents (>60%) reported they were satisfied or very satisfied. However, several respondents stated that they were unaware of activities and events run by the network such as:

- Social media (26% unaware)
- Mini-reviews (20% unaware)
- Fall Prevention Online Workshops (21% unaware)
- Exercise to Prevent Falls in Older People (33% unaware)
- Rural Forums (47% unaware)

Potential topics for a mini-review were requested (Question 8) and included:

- Nutrition
- Dementia
- Exercise
- Frailty
- Visual and hearing impairments
- Clinical populations (e.g. Parkinson's Disease)
- Cognition

ANNUAL FORUM AND OTHER ACTIVITIES

The majority of survey respondents (63%) did not attend the annual forum. Feedback on the annual forum (Question 13) included:

- Satisfaction with the diverse range of presentations and mix of research and clinicians
- Need for strategies to implement research into practice
- Suggested topics included dementia, fear of falling and presentations on projects that were successfully implemented

Reasons for non-attendance to the annual forum (Question 14) included the travel distances (42%), funding (38%) and unavailability to get time off work (33%). These reasons highlight the need for rural travel grants and the live-streaming of the forum to increase the accessibility of the forum.

ANNUAL FORUM AND OTHER ACTIVITIES

The majority of survey respondents access the NSW FPHAN through a combination of the email list (73%), website (49%) or Falls Links Newsletter (24%). Respondents find it easy to navigate the website (82%) and access the following resources (Question 17):

- Fall guidelines
- Upcoming events
- Research updates

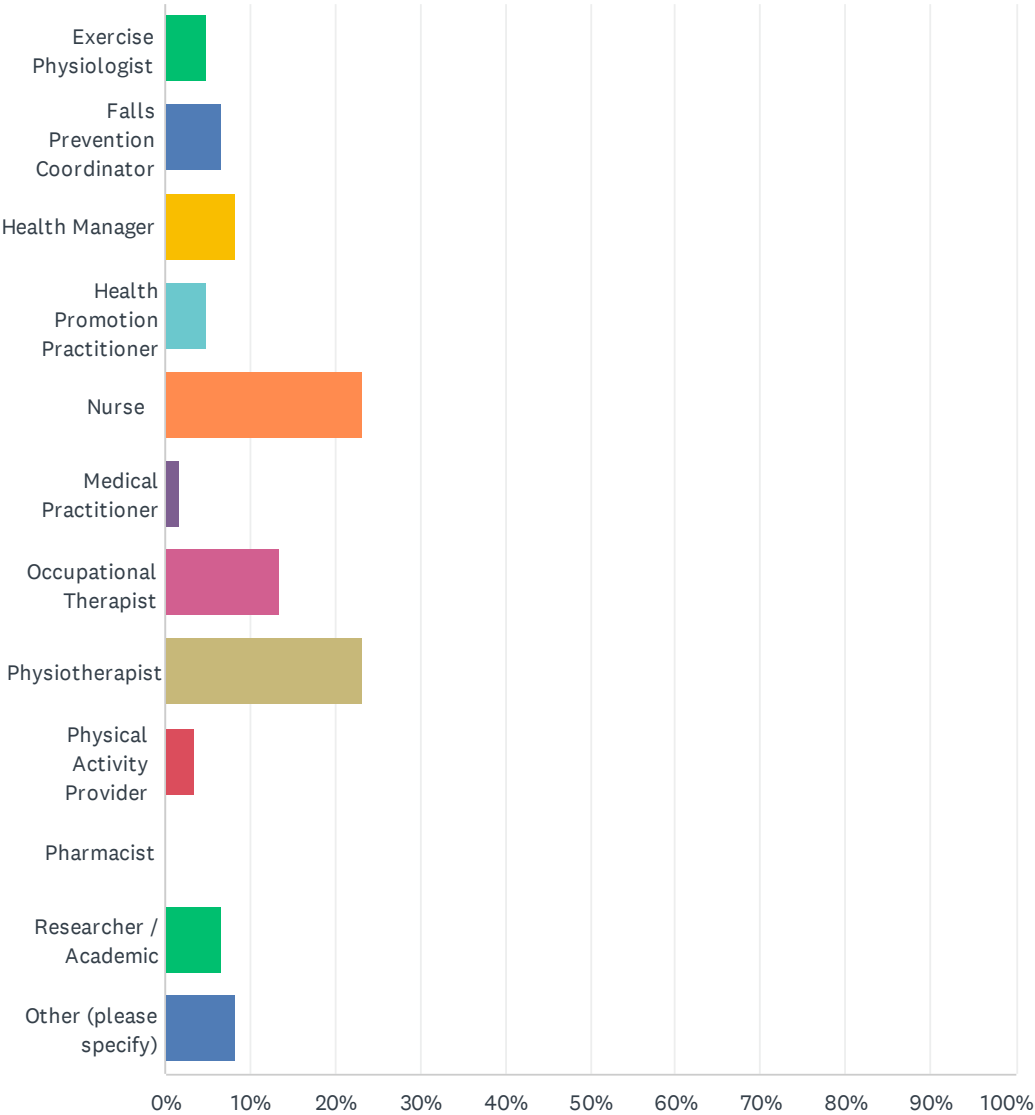
Exercise handouts were requested to be added onto the website (Question 18), in addition to short webinars and dietary considerations (Question 20).

The ideal method of communication remains the email list/newsletter (Question 19), however, only 69% of respondents indicated that they were subscribed to the email list (Question 21).

The responses to each question can be found in the Appendix on the following page.

Q1 What is your professional role?

Answered: 60 Skipped: 0



2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

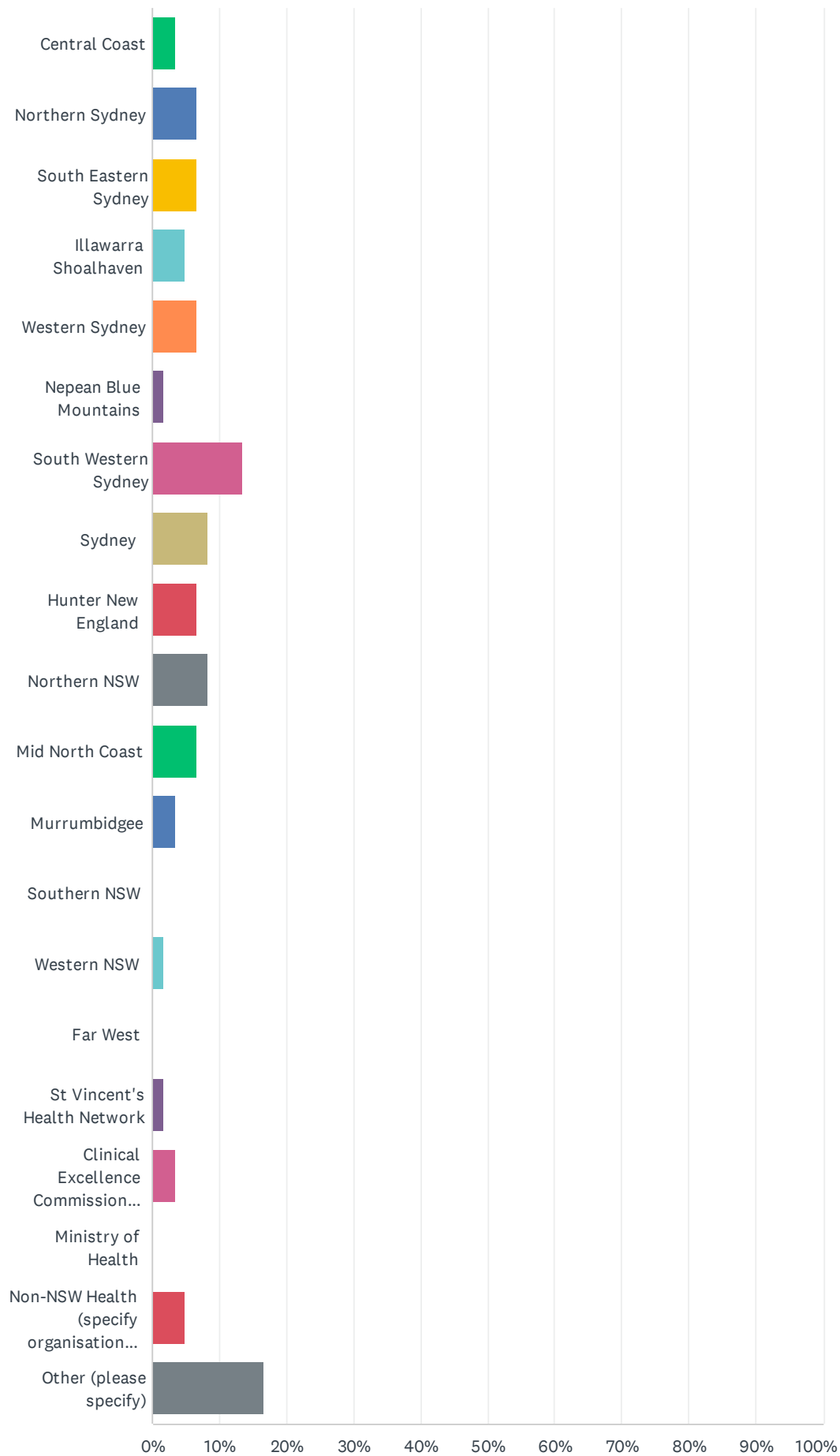
ANSWER CHOICES	RESPONSES	
Exercise Physiologist	5.00%	3
Falls Prevention Coordinator	6.67%	4
Health Manager	8.33%	5
Health Promotion Practitioner	5.00%	3
Nurse	23.33%	14
Medical Practitioner	1.67%	1
Occupational Therapist	13.33%	8
Physiotherapist	23.33%	14
Physical Activity Provider	3.33%	2
Pharmacist	0.00%	0
Researcher / Academic	6.67%	4
Other (please specify)	8.33%	5
Total Respondents: 60		

#	OTHER (PLEASE SPECIFY)	DATE
1	care staff	7/29/2025 1:42 PM
2	community worker	7/25/2025 9:44 AM
3	AHA	7/25/2025 8:38 AM
4	AHA	7/8/2025 11:14 AM
5	Aged Care Govt	7/8/2025 7:17 AM

Q2 In which Local Health District or Organisation do you work?

Answered: 60 Skipped: 0

2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey



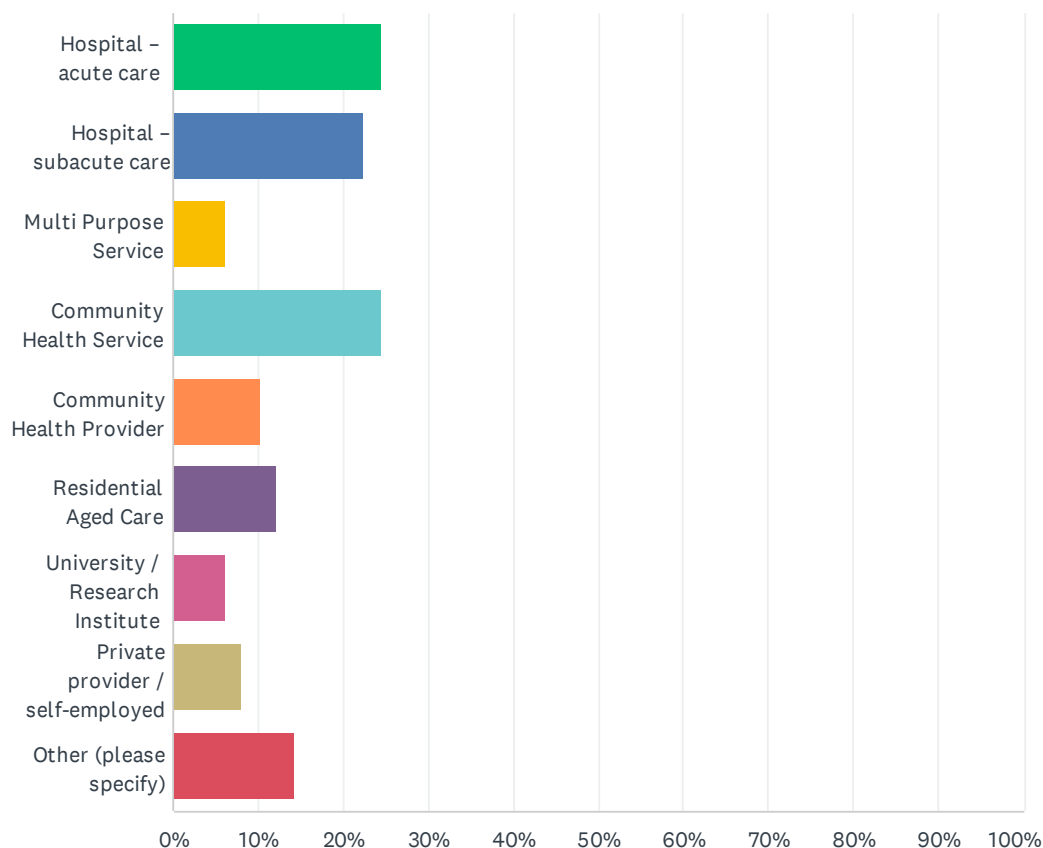
2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

ANSWER CHOICES	RESPONSES	
Central Coast	3.33%	2
Northern Sydney	6.67%	4
South Eastern Sydney	6.67%	4
Illawarra Shoalhaven	5.00%	3
Western Sydney	6.67%	4
Nepean Blue Mountains	1.67%	1
South Western Sydney	13.33%	8
Sydney	8.33%	5
Hunter New England	6.67%	4
Northern NSW	8.33%	5
Mid North Coast	6.67%	4
Murrumbidgee	3.33%	2
Southern NSW	0.00%	0
Western NSW	1.67%	1
Far West	0.00%	0
St Vincent's Health Network	1.67%	1
Clinical Excellence Commission (CEC) Agency for Clinical Innovation (ACI)	3.33%	2
Ministry of Health	0.00%	0
Non-NSW Health (specify organisation in other)	5.00%	3
Other (please specify)	16.67%	10
Total Respondents: 60		

#	OTHER (PLEASE SPECIFY)	DATE
1	Melbourne	7/28/2025 8:39 AM
2	New Zealand	7/25/2025 10:07 AM
3	Sole trader Stepping On Master trainer	7/9/2025 8:18 PM
4	Victoria	7/9/2025 8:37 AM
5	Türkiye, Kütahya Health Sciences University	7/9/2025 2:53 AM
6	WA	7/8/2025 10:33 AM
7	Australian Government	7/8/2025 7:17 AM
8	England	7/7/2025 5:55 PM
9	UNSW	7/7/2025 9:16 AM
10	UNSW	6/16/2025 2:40 PM

Q3 What best describes your work setting? (choose all that apply)

Answered: 49 Skipped: 11



ANSWER CHOICES	RESPONSES	
Hospital – acute care	24.49%	12
Hospital – subacute care	22.45%	11
Multi Purpose Service	6.12%	3
Community Health Service	24.49%	12
Community Health Provider	10.20%	5
Residential Aged Care	12.24%	6
University / Research Institute	6.12%	3
Private provider / self-employed	8.16%	4
Other (please specify)	14.29%	7
Total Respondents: 49		

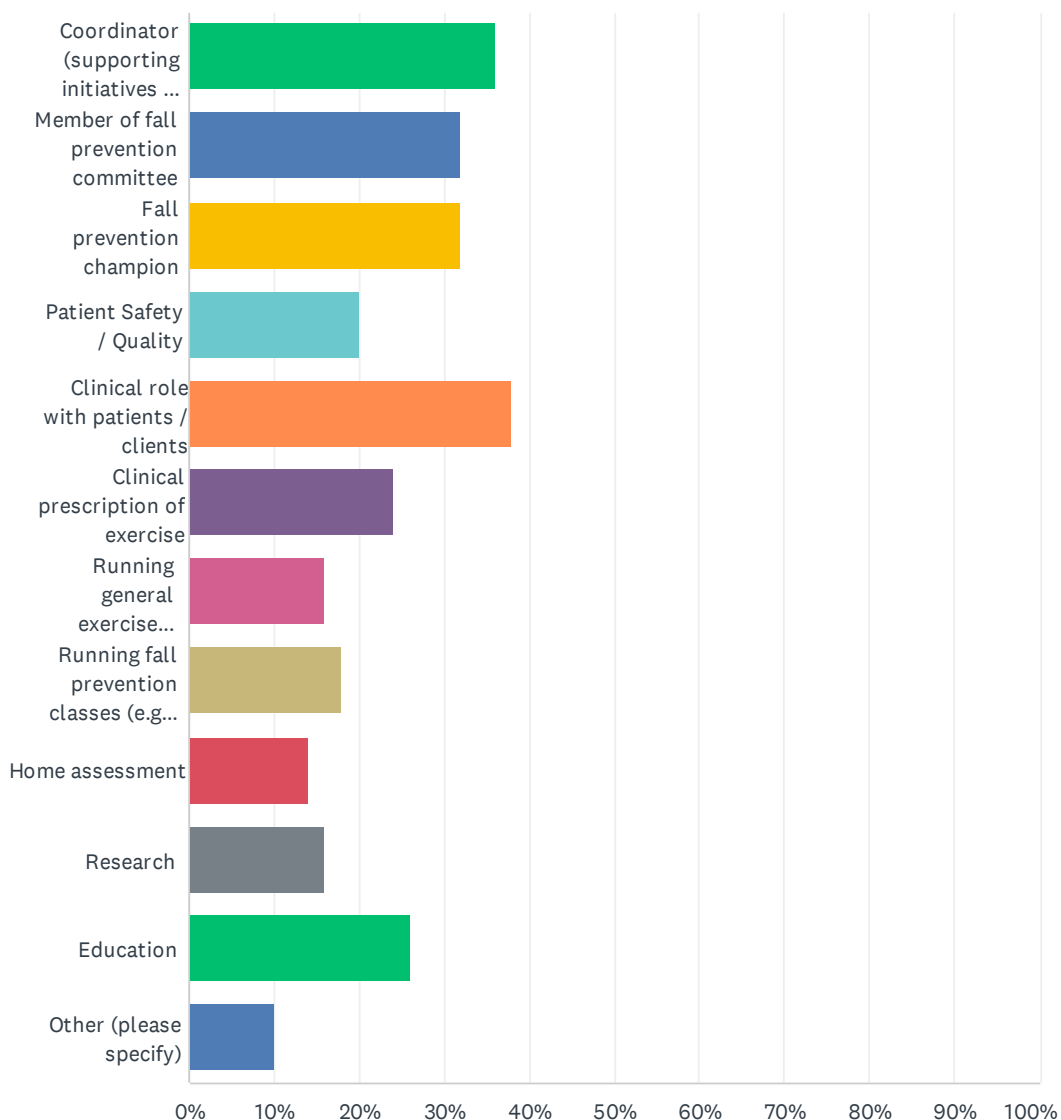
#	OTHER (PLEASE SPECIFY)	DATE
1	Hospital-outpatients	7/25/2025 10:27 AM
2	district	7/21/2025 1:51 PM
3	Clinical Nurse consultant	7/16/2025 9:51 AM
4	State based organsiation	7/10/2025 8:47 AM

2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

5	Complaints regarding care including falls	7/8/2025 7:17 AM
6	health promotion	7/7/2025 10:43 AM
7	ssss	6/18/2025 1:13 PM

Q4 How would you describe your fall prevention and/or healthy ageing role? (choose all that apply)

Answered: 50 Skipped: 10



2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

ANSWER CHOICES	RESPONSES	
Coordinator (supporting initiatives and strategies across district)	36.00%	18
Member of fall prevention committee	32.00%	16
Fall prevention champion	32.00%	16
Patient Safety / Quality	20.00%	10
Clinical role with patients / clients	38.00%	19
Clinical prescription of exercise	24.00%	12
Running general exercise classes (e.g. strength / mobility)	16.00%	8
Running fall prevention classes (e.g. Stepping On)	18.00%	9
Home assessment	14.00%	7
Research	16.00%	8
Education	26.00%	13
Other (please specify)	10.00%	5
Total Respondents: 50		

#	OTHER (PLEASE SPECIFY)	DATE
1	Delirium CNC	7/28/2025 9:21 AM
2	Tai Chi Instructor	7/25/2025 8:32 AM
3	I oversee the management of the NSLHD Stepping On and Healthy Aging portfolio.	7/8/2025 1:01 PM
4	Reviewing information about falls prevention and management	7/8/2025 7:17 AM
5	ssss	6/18/2025 1:13 PM

Q5 What fall prevention and/or healthy ageing resources would you find the most useful for your day-to-day practice?

Answered: 45 Skipped: 15

#	RESPONSES	DATE
1	Guidelines	8/4/2025 8:49 AM
2	Weekly updates, website resources	8/1/2025 12:31 PM
3	strength and balance exercise prescription software targeted for elderly clients	7/31/2025 10:12 AM
4	chair censer mats	7/29/2025 1:44 PM
5	active and healthy database, and info to give to clients regarding how to search for a class near them. Hard copy GE exercises sheet for people to exercise at home - as not everyone has internet / access to online resources	7/29/2025 12:43 PM
6	information sheets for patient and consumers / promotion information	7/28/2025 9:21 AM
7	falls prevention guideline	7/28/2025 8:39 AM
8	resources and fact sheets for patients	7/28/2025 8:30 AM
9	Education Handouts for clients, online links for family members (clients often do not have internet), Access to Stepping On and other healthy ageing programs across the district for making referrals to support clients re-accessing the community after a fall	7/28/2025 8:26 AM
10	Staying Active on Your Feet	7/28/2025 7:31 AM
11	One page sheet to supply to clients with balance exercises at varying levels	7/27/2025 11:52 AM
12	Sunbeam exercises, Parkinson's disease and Stroke work. Add working with people with dementia	7/26/2025 6:27 AM
13	Otago / Stepping on type exercise packs as basis upon which to build. 'Staying Active...' type brochures.	7/25/2025 3:09 PM
14	A simple brochure or one page document	7/25/2025 2:03 PM
15	Handout (1 page) to give to clients - the Staying Active booklet has too much information. Electronic register of falls prevention exercises so can select and print exercises specific to the client	7/25/2025 1:38 PM
16	More forma/face to face/practical education to formal/informal carers of people with dementia (group at higher risk of falls and injuries) Handouts on safe manual handling for carers of people with dementia	7/25/2025 10:27 AM
17	patient handouts for education	7/25/2025 10:07 AM
18	Handouts on falls including in other languages. Evidence to guide practice. Education such as Falls Forums	7/25/2025 8:42 AM
19	education and exercise	7/25/2025 8:38 AM
20	We have what we need. Our local club supports us with our training premises	7/25/2025 8:32 AM
21	practical information on assessments and puting strategies that are person centered to reduce the risk of falls	7/25/2025 8:28 AM

2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

22	impaired ones	hospital-based tips, especially for cognitively	7/25/2025 8:22 AM
23	handling training. Falls prevention education.	Manual	7/25/2025 8:18 AM
24	Online patient education - can send them the link		7/24/2025 10:21 PM
25	Our own resources we have created from research		7/24/2025 9:09 PM
26	Up to date research findings on falls prevention; Best falls strategies to use with older people; Most prevalent areas in the home where accidents happen; Information on medications which increase falls risks; Lighting and other sensory issues which affect older persons at home making them more susceptible to falling. Etc		7/24/2025 8:44 PM
27	healthy aging		7/21/2025 1:51 PM
28	Steady State Octagon		7/20/2025 4:28 PM
29	Up to date processes and procedures Implementation guides and projects underway in the field		7/16/2025 9:51 AM
30	exercises and education	strength	7/11/2025 9:04 AM
31	Resources that can be used with updated technology e.g. patient education for falls prevention shared via patient TV's		7/10/2025 9:51 AM
32	Simple standard falls prevention exercise program to give to home care support staff to engage old adults with at Home. 10min program. Online training resource for staff to educate and upskill participants who are interested.		7/10/2025 7:21 AM
33	Fridge magnet Glass cleaner Newsletter		7/9/2025 8:18 PM
34	New research & development		7/9/2025 8:37 AM
35	Especially YouTube videos		7/9/2025 2:53 AM
36	Education, information, online courses for staff, the annual Forum and the ability for the talks to be streamed later, plus the virtual option. Specific workshops.		7/8/2025 1:01 PM
37	Active and Healthy website; Falls Network; CEC		7/8/2025 11:54 AM
38	Education		7/8/2025 11:14 AM
39	tools. Engaging resources. Latest evidence.	Practical	7/8/2025 10:33 AM
40	Falls Guidelines		7/8/2025 7:17 AM
41	patients	Resources and initiatives that can be used for staff and	7/7/2025 5:55 PM
42	Practical training for staff and guidelines		7/7/2025 10:43 AM
43	Know which tools or assessments to use community. Resources translated into different language and for Aboriginal populations		7/7/2025 8:22 AM
44	fffff		6/18/2025 1:13 PM
45	v		6/16/2025 2:53 PM

Q6 What are some of the barriers you face around fall prevention and/or healthy ageing in your area of work?

Answered: 46 Skipped: 14

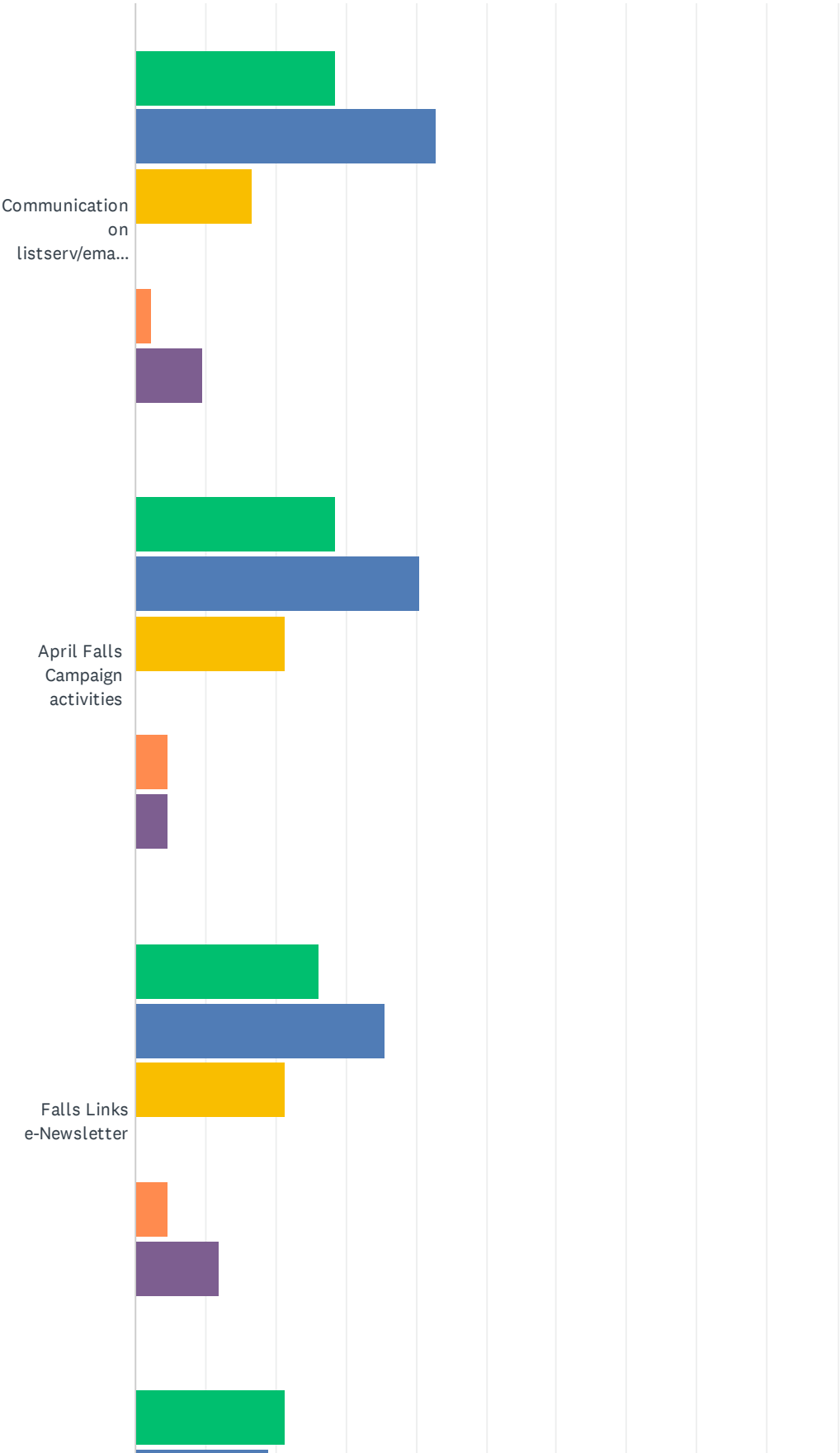
#	RESPONSES	DATE
1	Hospital competing priorities My position is district and there is only one on me	8/4/2025 8:49 AM
2	Layout of Ward/design , acquity of patients	8/3/2025 8:51 PM
3	Complexity of older persons in hospital	8/1/2025 12:31 PM
4	- Accessible and available free strength and balance classes in the community setting - virtual classes for older Australians who are tech-savvy	7/31/2025 10:12 AM
5	wandering hi risk of fall residents	7/29/2025 1:44 PM
6	lack of low cost community facilities - Council facilities expensive to hire.	7/29/2025 12:43 PM
7	lack of community based accessible programs / lack of inpatient group exercises should be part of gold standard of care in acute hospitals to prevent falls / de conditioning / cognition change	7/28/2025 9:21 AM
8	clients not wanting to participate	7/28/2025 8:39 AM
9	availability of ongoing classes in community for frail adults	7/28/2025 8:30 AM
10	limited access for clients to attend healthy ageing/falls prevention/ physical activity programs int he district.	7/28/2025 8:26 AM
11	A lack of affordable community resources and transportation	7/28/2025 7:31 AM
12	convincing participants to try more difficult balance exercises to extend their skills	7/27/2025 11:52 AM
13	Getting management on board	7/26/2025 6:27 AM
14	Resistance to changing the environment in a client's home. Lack of availability of OTs for home assessments. Low availability of community based appropriate exercise groups and activities. (Rural area)	7/25/2025 3:09 PM
15	lack of services to access falls prevention groups or services	7/25/2025 2:03 PM
16	Gap in service for high falls risk in the community - house bound or not good enough for falls prevention groups. There is no dedicated service which can provide targeted intervention over a sufficient period - ie 6 - 12 weeks	7/25/2025 1:38 PM
17	I work with people with dementia and different levels of cognitive impairments. Effective implementation of strategies for fall prevention depend on the availability of formal and informal carers and their level of knowledge, which very frequently can be fairly low. Ongoing education is provided, however, due to high turnover of staff + risk of formal carer burnout can be inefficient	7/25/2025 10:27 AM
18	lack of time to complete all desired evidence based tasks	7/25/2025 10:07 AM
19	Under resourced. Falls are not seen as attractive. We are trying to address this by working collaboratively with researchers and ED staff so as to prioritize and expand the Falls Service.	7/25/2025 8:42 AM
20	lack of community FP classes	7/25/2025 8:38 AM
21	nil	7/25/2025 8:32 AM

2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

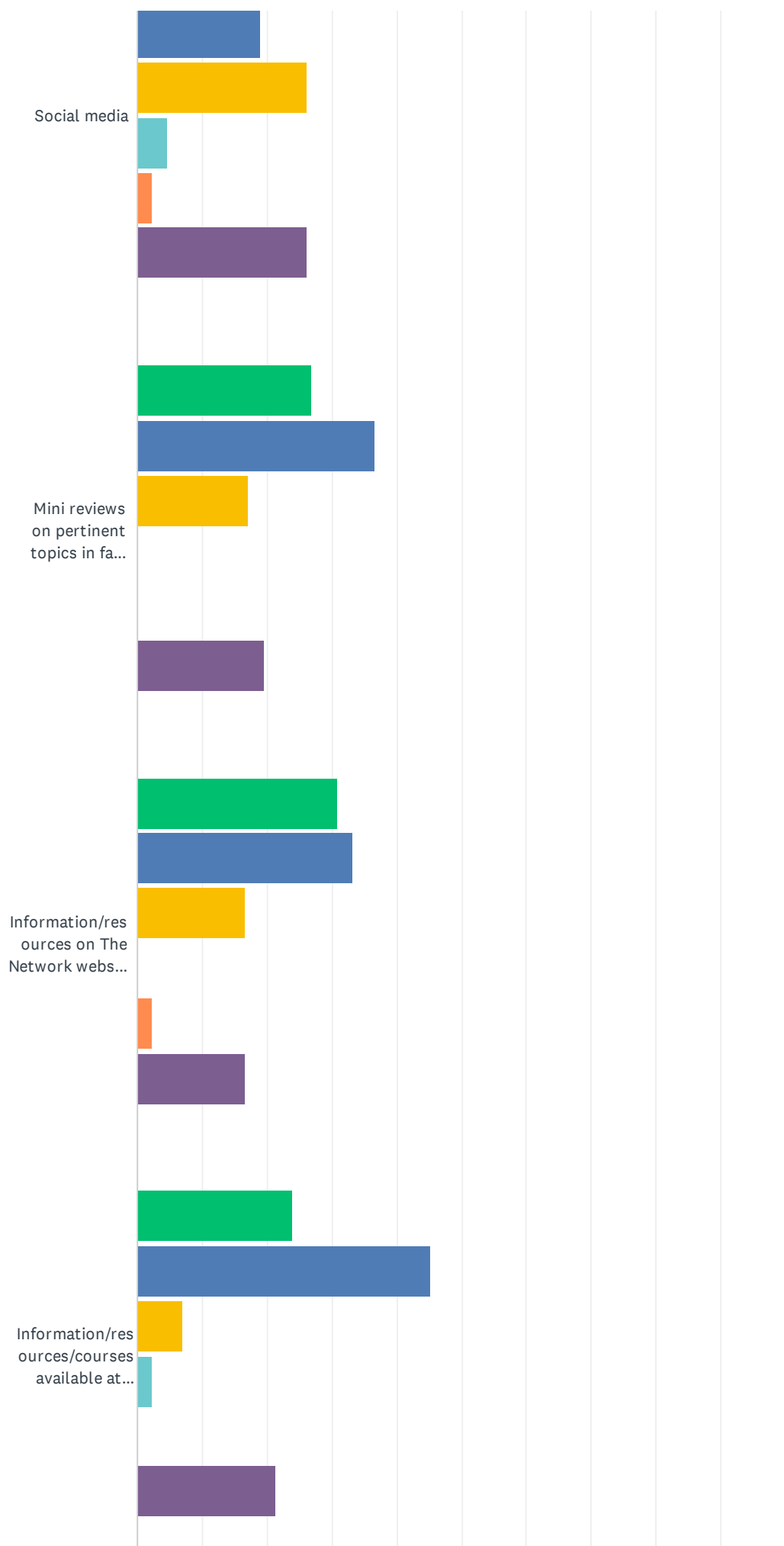
22	lack of resources	7/25/2025 8:28 AM
23	people forgetting/not making time for the basics of care	7/25/2025 8:22 AM
24	Lack of funding for prevention programs, community outreach, or ongoing education in a regional area.	7/25/2025 8:18 AM
25	Regular community falls prevention programs not available in the area	7/25/2025 6:23 AM
26	Cost. Physiotherapy can't afford to attend a thorough assessment.	7/24/2025 10:21 PM
27	No government funding for exercise physiologists in residential aged care	7/24/2025 9:09 PM
28	Lack of funding; Other medical practitioners recognising falls as preventable	7/24/2025 8:44 PM
29	cultural shift changes	7/21/2025 1:51 PM
30	Up to date evidence	7/20/2025 4:28 PM
31	not enough understanding of processes or procedures the discrepancies in these across the district and NSW as a whole	7/16/2025 9:51 AM
32	Other staff do not see this as important	7/11/2025 9:04 AM
33	Staff engagement with education for patients/families/carers - due to time constraints and high patient turnover	7/10/2025 9:51 AM
34	Rural area. No access to community OTs for goods and equipment. Physios are rare	7/10/2025 7:21 AM
35	Lack of funds Lack of management support for Stepping On in some LHDs	7/9/2025 8:18 PM
36	Establishing connections between the corporations	7/9/2025 2:53 AM
37	Workforce capacity and capability. People are very keen to engage, but may not be able to take time off from work to do things such attend the Annual Forum. Also financial barriers re Falls Prevention equipment etc.	7/8/2025 1:01 PM
38	resources, language barrier, staffing	7/8/2025 11:54 AM
39	unsure	7/8/2025 11:14 AM
40	Prioritisation of falls compared to other health issues.	7/8/2025 10:33 AM
41	Lack of individualised care strategies, most care plans are generic	7/8/2025 7:17 AM
42	The idea that falls are an inevitable part of ageing and being in hospital, even though a significant amount can be prevented. That it isn't always a priority in the NHS or on staffs agenda	7/7/2025 5:55 PM
43	Getting people out of their homes	7/7/2025 10:43 AM
44	No protected staff to falls prevention. Change management and improvement support barriers with eMR. Understanding and time implementation and improvement methodologies, siloed system	7/7/2025 8:22 AM
45	fffff	6/18/2025 1:13 PM
46	v	6/16/2025 2:53 PM

Q7 How satisfied are you with the following activities the NSW Fall Prevention and Healthy Ageing Network promotes?

Answered: 43 Skipped: 17



2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey



2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey



	VERY SATISFIED	SATISFIED	NEITHER SATISFIED NOR UNSATISFIED	UNSATISFIED	VERY UNSATISFIED	UNAW OF ACTIV
Communication on listserv/email list	28.57% 12	42.86% 18	16.67% 7	0.00% 0	2.38% 1	9.
April Falls Campaign activities	28.57% 12	40.48% 17	21.43% 9	0.00% 0	4.76% 2	4.
Falls Links e-Newsletter	26.19% 11	35.71% 15	21.43% 9	0.00% 0	4.76% 2	11.
Social media	21.43% 9	19.05% 8	26.19% 11	4.76% 2	2.38% 1	26.
Mini reviews on pertinent topics in fall prevention	26.83% 11	36.59% 15	17.07% 7	0.00% 0	0.00% 0	19.
Information/resources on The Network website (fallsnetwork.neura.edu.au)	30.95% 13	33.33% 14	16.67% 7	0.00% 0	2.38% 1	16.
Information/resources/courses available at fallspreventiononlineworkshops.com.au	23.81% 10	45.24% 19	7.14% 3	2.38% 1	0.00% 0	21.

Q8 The Network has previously published short 'mini' evidence-based reviews on important topics for fall prevention, i.e. “dementia and falls” and “impaired hearing as a cause of falls”. Are there any fall prevention or healthy ageing topics you would like reviewed?

Answered: 30 Skipped: 30

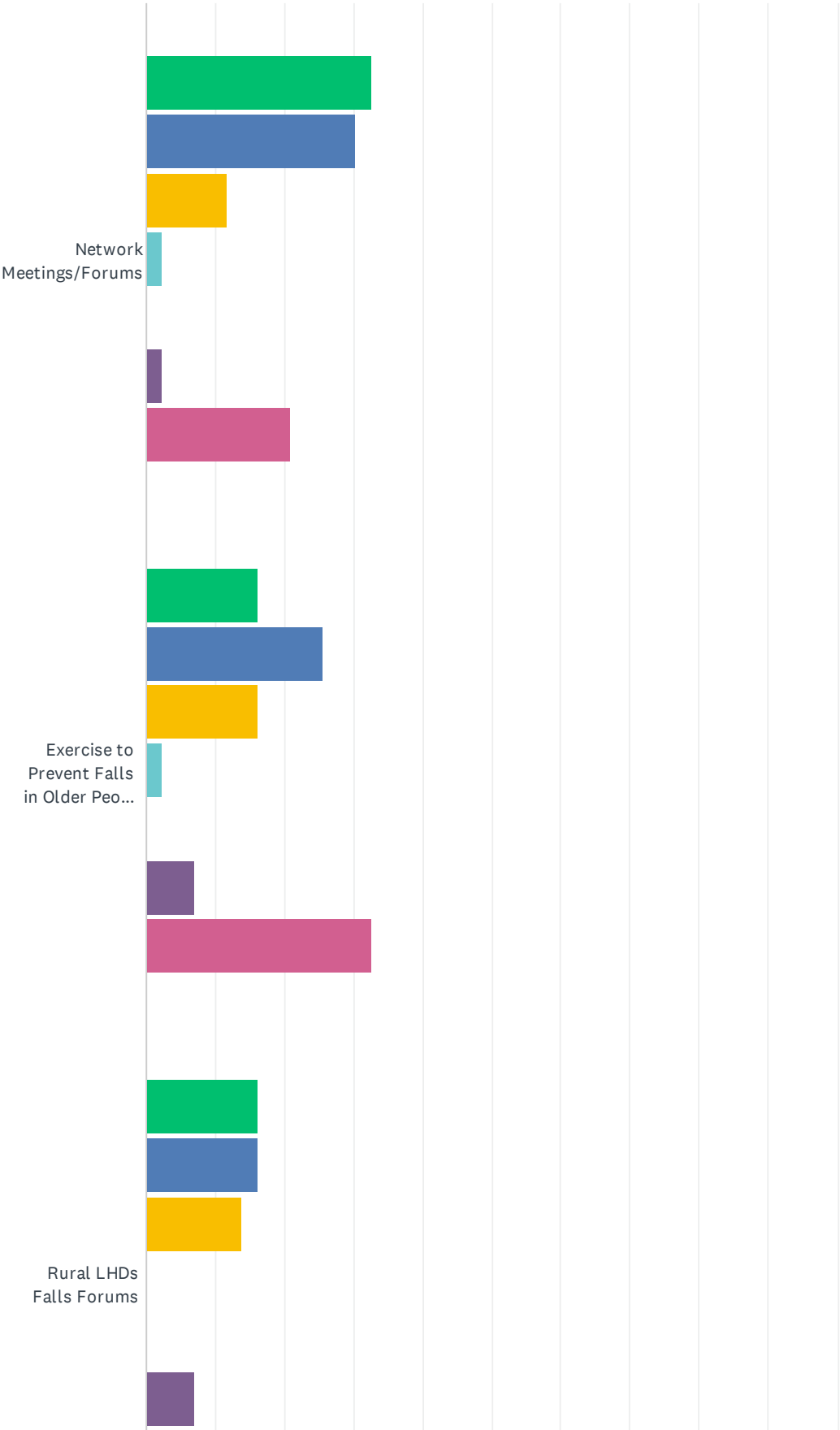
#	RESPONSES	DATE
1	delirium , nutrition , gait	8/4/2025 8:51 AM
2	feasibility and consumer ownership of the the recommended exercise dosage per week in elderly patients Fall can be a symptom of an acute clinical presentation rather than a diagnosis for presentation to hospital in older people!	7/31/2025 10:20 AM
3	dementia and exercise	7/28/2025 8:39 AM
4	nutrition (weight loss) and falls	7/28/2025 8:26 AM
5	Prevention of Frailty and its impact on falls Vision impairment especially with the increasing number of people with macular degeneration Improving diet to prevent frailty in the acute setting	7/28/2025 7:31 AM
6	none	7/27/2025 11:52 AM
7	Parkinson's disease and falls stoke and falls also OA and falls	7/26/2025 6:27 AM
8	Strategies common to older people successfully staying at home with compromised balance / mobility impairment.	7/25/2025 3:09 PM
9	oncology and falls - particularly post treatment	7/25/2025 2:03 PM
10	High risk fallers - reducing the risk Managing transition from acute facility to community services	7/25/2025 1:38 PM
11	eye sight/ glasses and falls	7/25/2025 9:03 AM
12	Specific falls related medications not just poly pharmacy. Focus on specific assessment for falls such as in falls clinic. Vision.	7/25/2025 8:42 AM
13	no	7/25/2025 8:38 AM
14	email	7/25/2025 8:28 AM
15	delirium and falls would be helpful	7/25/2025 8:22 AM
16	post fall hsoptialisation - community follow up	7/25/2025 6:23 AM
17	Vision Foot health Dizziness	7/24/2025 10:21 PM
18	Diet and falls; medications and falls.	7/24/2025 8:44 PM
19	Cognition and the imprtance of the TOP 5 TOP 5	7/21/2025 1:51 PM
20	Mental health	7/11/2025 9:04 AM
21	Appropriate footwear - why this is important for falls prevention	7/10/2025 9:51 AM
22	Fear of falling Stepping On concepts	7/9/2025 8:18 PM
23	Footwear and falls	7/9/2025 2:53 AM
24	Up to date info re medications and falls. Population specific such as Mental Health/Drug and Alcohol and Falls.	7/8/2025 1:01 PM
25	Parkinson and falls	7/8/2025 11:54 AM

2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

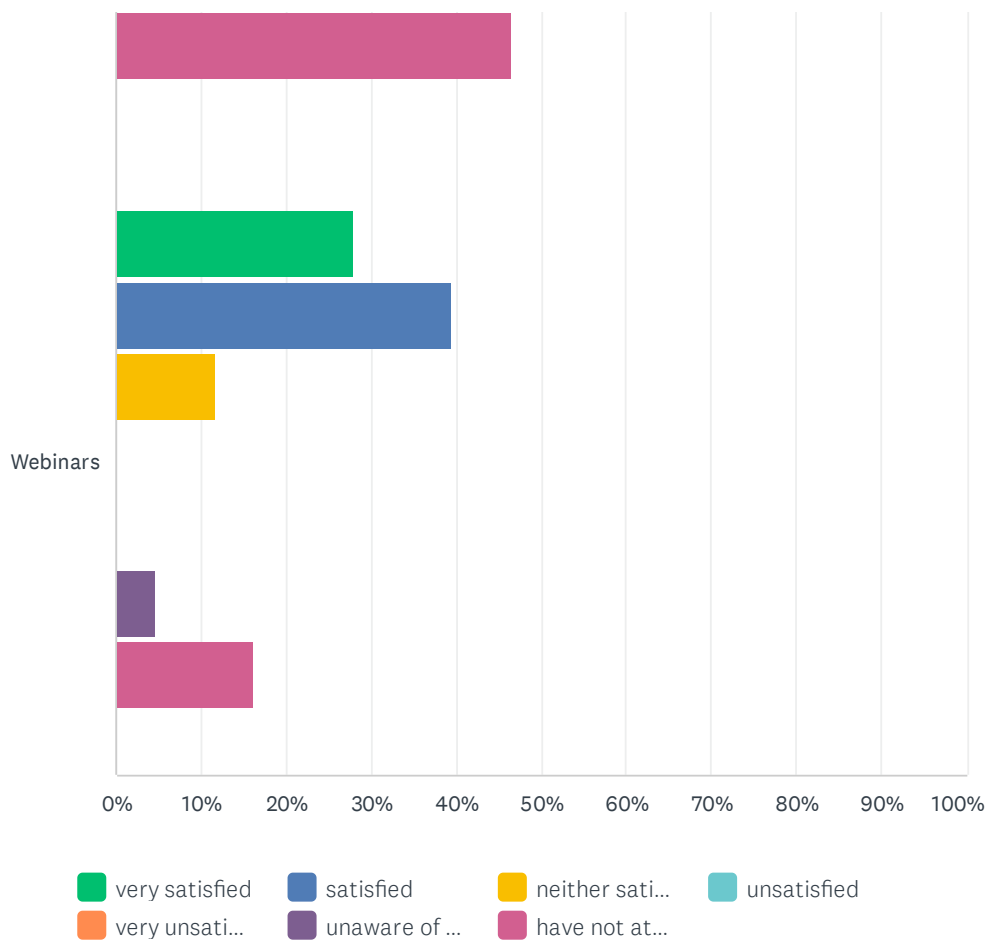
26	do proper education	chronic staff shortages mean that time is not available to	7/8/2025 11:14 AM
27	falling. Falls and mobility equipment.	Fear of	7/8/2025 10:33 AM
28		Writing individualised care plans	7/8/2025 7:17 AM
29	interesting one as I have heard that drugs such as mounjaro have been linked to postural hypotension and early onset osteoporosis	Weight loss injections may be an	7/7/2025 5:55 PM
30		Hospital acquired deconditioning, toileting, safety communication strategies. Delirium. Medication FRIDS, supporting CALD communities, impact of isolation and outbreaks, social connection	7/7/2025 8:22 AM

Q9 How satisfied are you with the following events the NSW Fall Prevention and Healthy Ageing Network promotes?

Answered: 43 Skipped: 17



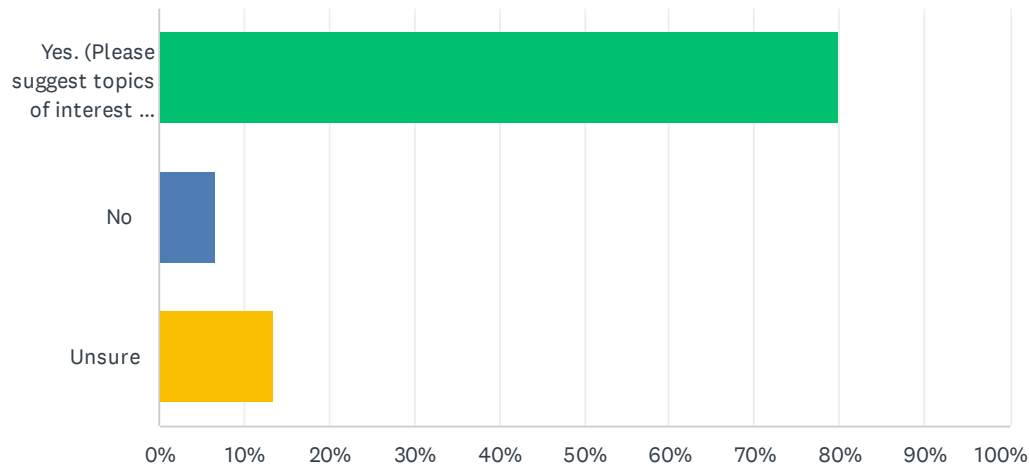
2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey



	VERY SATISFIED	SATISFIED	NEITHER SATISFIED NOR UNSATISFIED	UNSATISFIED	VERY UNSATISFIED	UNAWARE OF EVENT	HAVE NOT ATTENDED EVENT
Network Meetings/Forums	32.56% 14	30.23% 13	11.63% 5	2.33% 1	0.00% 0	2.33% 1	20.93% 9
Exercise to Prevent Falls in Older People Workshops	16.28% 7	25.58% 11	16.28% 7	2.33% 1	0.00% 0	6.98% 3	32.56% 14
Rural LHDs Falls Forums	16.28% 7	16.28% 7	13.95% 6	0.00% 0	0.00% 0	6.98% 3	46.51% 20
Webinars	27.91% 12	39.53% 17	11.63% 5	0.00% 0	0.00% 0	4.65% 2	16.28% 7

Q10 Would you like to attend workshops/webinars covering specific areas (such as exercise, dementia and falls, medication and falls, and interventions in acute, community and residential aged care settings)?

Answered: 45 Skipped: 15



ANSWER CHOICES	RESPONSES	
Yes. (Please suggest topics of interest in the comment box below)	80.00%	36
No	6.67%	3
Unsure	13.33%	6
TOTAL		45

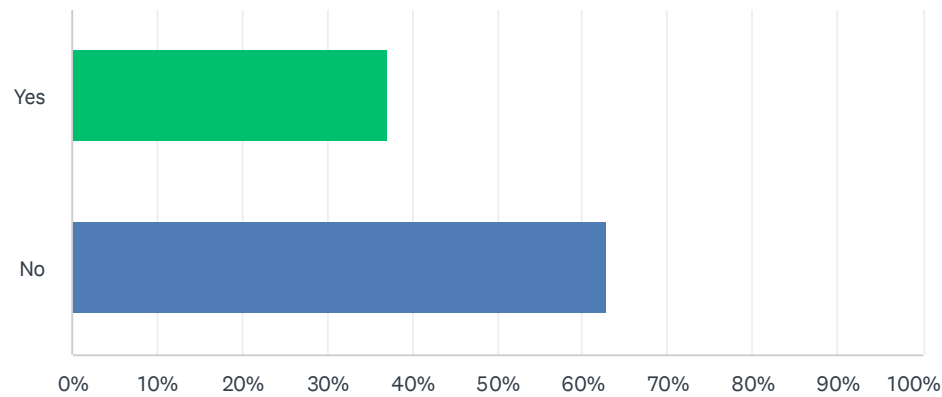
#	COMMENT	DATE
1	1. feasibility and consumer ownership of the the recommended exercise dosage per week in elderly patients 2.Fall can be a symptom of an acute clinical presentation rather than a diagnosis for presentation to hospital in older people! 3. Health ownership and health awareness campaigns to promote exercise in people over 40 and peri-menopausal women to promote healthy aging.	7/31/2025 10:20 AM
2	falls in the community, incontinence and falls, nutrition and falls	7/28/2025 8:26 AM
3	Above but specific to RACs	7/26/2025 6:27 AM
4	I'm close to retiring :)	7/25/2025 3:09 PM
5	dementia and falls, residential aged care, medication and falls (de-prescribing)	7/25/2025 1:38 PM
6	workshops, dementia and falls prevention	7/25/2025 10:27 AM
7	any healthy ageing and fall prevention relevant topics, if possible: outpatient fall clinics related information	7/25/2025 10:07 AM
8	Acute and Community	7/25/2025 8:42 AM
9	any and all	7/25/2025 8:38 AM
10	delirium and falls	7/25/2025 8:22 AM
11	Falls in residential aged care	7/25/2025 8:18 AM
12	Home falls prevention prgram	7/25/2025 6:23 AM
13	Assessment measures, safe telehealth strategies, dizziness. When to refer on	7/24/2025 10:21 PM

2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

14	dementia falls/ the elderly and falls	7/16/2025 9:51 AM
15	dementia and falls, interventions in acute and community settings	7/10/2025 9:51 AM
16	Dementia, BPSD, residential care	7/10/2025 8:47 AM
17	Exercise, footwear, community interventions	7/9/2025 2:53 AM
18	As above with MHDA. Emergency Depts, outpatients/ambulatory care.	7/8/2025 1:01 PM
19	Webinars are great.	7/8/2025 10:33 AM
20	Interventions in acute would be great. Interested in patient advice, information and resources and how they can be implemented	7/7/2025 5:55 PM
21	hhh	6/18/2025 1:15 PM

Q11 Did you attend the 2025 NSW Fall Prevention and Healthy Ageing Network Annual Forum in Sydney?

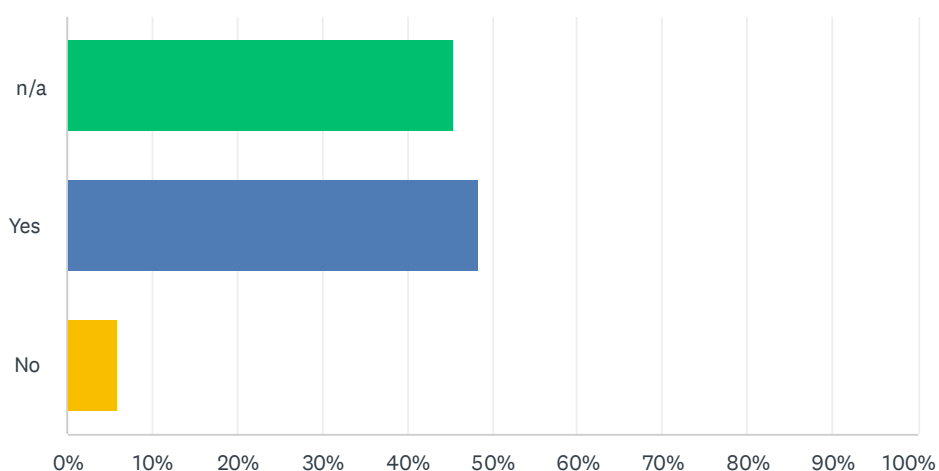
Answered: 27 Skipped: 33



ANSWER CHOICES		RESPONSES	
Yes		37.04%	10
No		62.96%	17
TOTAL			27

Q12 Did you find the presentations informed your practice? If not, please comment

Answered: 33 Skipped: 27



ANSWER CHOICES	RESPONSES	
n/a	45.45%	15
Yes	48.48%	16
No	6.06%	2
TOTAL		33

#	COMMENT	DATE
1	few morning presentations. The afternoon sessions were too repetitive and just research and quality improvement focused	7/31/2025 10:23 AM
2	More in the break out session for RAC	7/26/2025 6:27 AM
3	This year there was no presentations addressing falls prevention in people with dementia (with the exception of ?1 or 2), unlike previous years	7/25/2025 10:27 AM
4	I missed this year but have attended most other years	7/24/2025 8:44 PM
5	Not enough clinical workshops or implementation workshops	7/9/2025 8:18 PM
6	Caught up online	7/8/2025 1:01 PM

Q13 What type of presentations would you find useful for your work area?

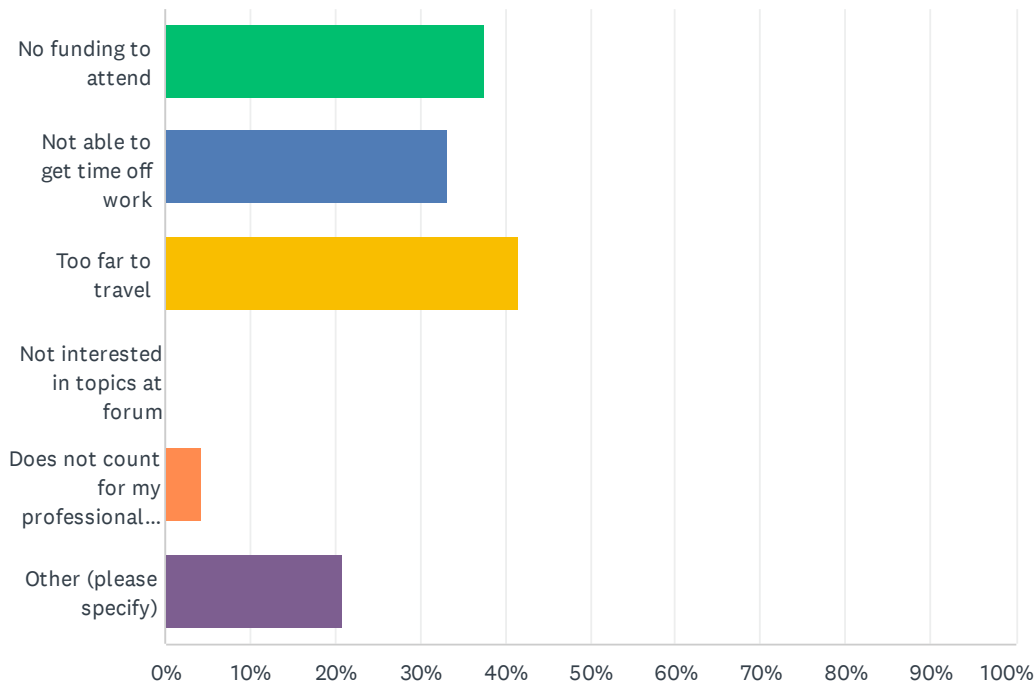
Answered: 23 Skipped: 37

#	RESPONSES	DATE
1	Because the area is so broad, I'm satisfied with a diverse range. I always appreciate the interpretation of data ones	8/4/2025 8:53 AM
2	Balance assessment and retraining equipment/program similar to Tymo which are affordable as well as supported by EBP to assist LHDs with their service delivery and patient centred approach	7/31/2025 10:23 AM
3	how to implement practical falls prevention strategies	7/28/2025 8:39 AM
4	Exercise outlines for varying degrees of balance skill development	7/27/2025 11:52 AM
5	Multifactorial approach to RACs. I don't think that many RNs attend . It's great that Allied health are there +	7/26/2025 6:27 AM
6	Bariatric management - prevent falls and improve community access	7/25/2025 1:38 PM
7	as previously stated, workshops on falls prevention for people with dementia	7/25/2025 10:27 AM
8	more on data and using data for improvement	7/25/2025 10:07 AM
9	Implementation of research.	7/25/2025 8:42 AM
10	hospital ones- great projects!	7/25/2025 8:22 AM
11	community based programs	7/25/2025 6:23 AM
12	Webinars Treatment and assessment strategies	7/24/2025 10:21 PM
13	Falls assessments which identify falls risks at home and document these into a concise report.	7/24/2025 8:44 PM
14	prevention for mental health and younger people	7/11/2025 9:04 AM
15	falls prevention in the acute and community settings - new initiatives, improvement projects (both successful and unsuccessful), new evidence	7/10/2025 9:51 AM
16	Fear of falling Confidence and falls prevention	7/9/2025 8:18 PM
17	Couldn't remember	7/9/2025 2:53 AM
18	this mix of expert info and then the concurrent sessions works really well.	7/8/2025 1:01 PM
19	practical exercises for Dementia and Parkinson	7/8/2025 11:54 AM
20	Prevention and simple home based programs to teach for discharge	7/8/2025 11:14 AM
21	I would like to see best practice translate into developing individualised care plans.	7/8/2025 7:17 AM
22	Quality improvement and initiatives that have been successful in acute hospitals	7/7/2025 5:55 PM
23	Successful implementation and how strategies	7/7/2025 8:22 AM

such as intentional rounding. Use of technology CALD populations and teachback/ interpreters and implementing falls prevention education in hospitals. OT home visits processes aligning with best practice guidelines. Falls prevention HITH/ GFS and clinics ED

Q14 If you didn't attend this year's forum, please let us know why.

Answered: 24 Skipped: 36

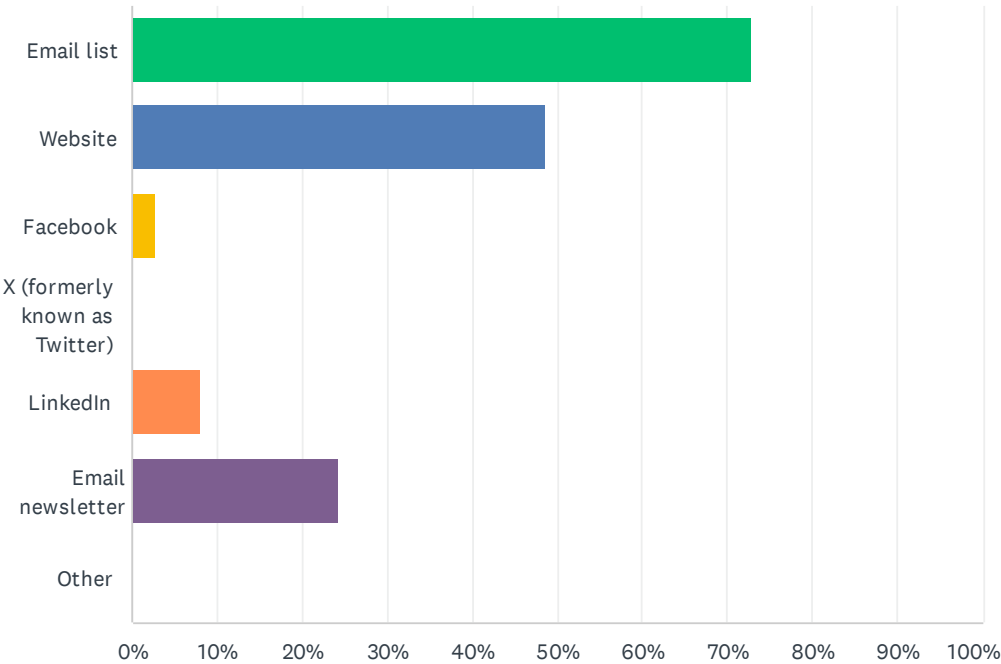


ANSWER CHOICES	RESPONSES	
No funding to attend	37.50%	9
Not able to get time off work	33.33%	8
Too far to travel	41.67%	10
Not interested in topics at forum	0.00%	0
Does not count for my professional development	4.17%	1
Other (please specify)	20.83%	5
Total Respondents: 24		

#	OTHER (PLEASE SPECIFY)	DATE
1	Not aware it was on	8/3/2025 8:52 PM
2	Dedicated CPD time and money elsewhere. Have previously spent lots of time info	7/24/2025 10:21 PM
3	On annual leave at time of forum	7/10/2025 9:51 AM
4	Was away on leave.	7/8/2025 1:01 PM
5	chronic staff shortages	7/8/2025 11:14 AM

Q15 How do you usually access the NSW Fall Prevention and Healthy Ageing Network?

Answered: 37 Skipped: 23

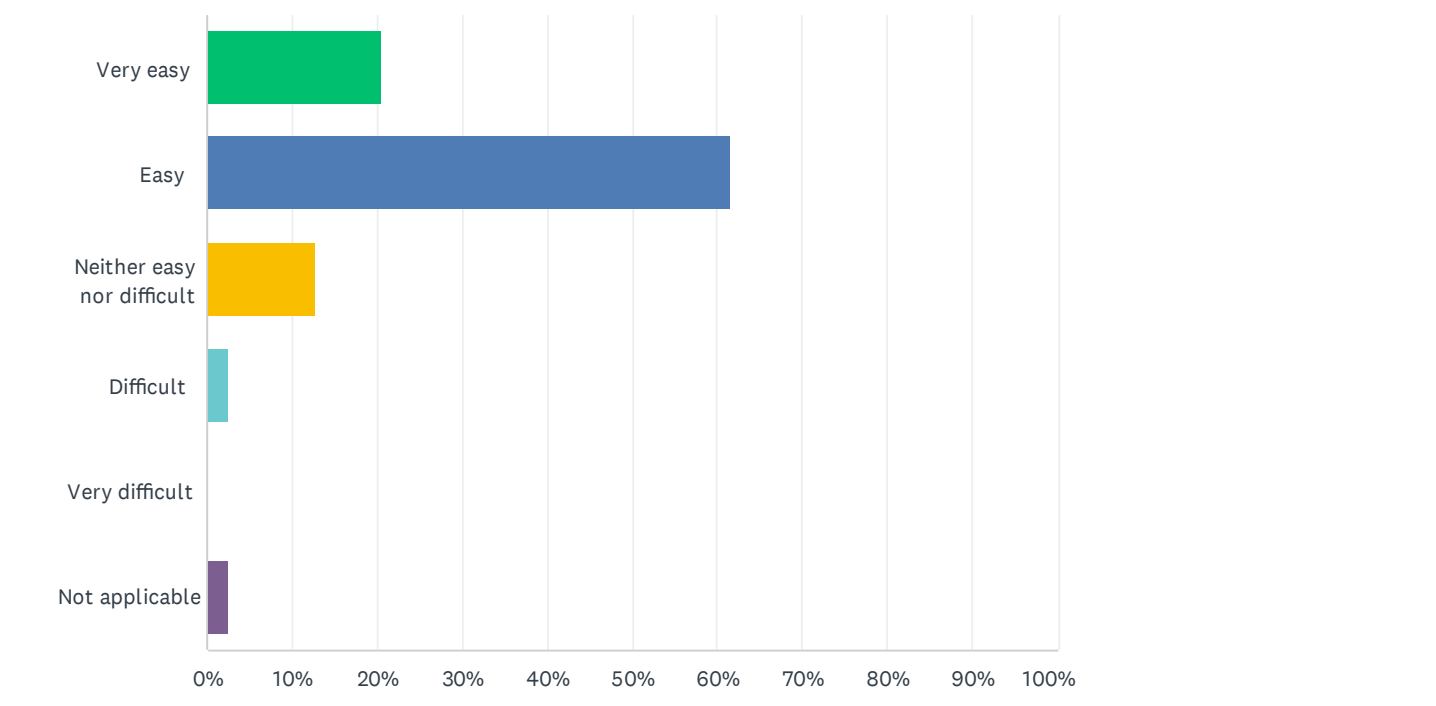


ANSWER CHOICES	RESPONSES	
Email list	72.97%	27
Website	48.65%	18
Facebook	2.70%	1
X (formerly known as Twitter)	0.00%	0
LinkedIn	8.11%	3
Email newsletter	24.32%	9
Other	0.00%	0
Total Respondents: 37		

#	PLEASE SPECIFY	DATE
	There are no responses.	

Q16 Is it easy to navigate our website?

Answered: 39 Skipped: 21



ANSWER CHOICES	RESPONSES	
Very easy	20.51%	8
Easy	61.54%	24
Neither easy nor difficult	12.82%	5
Difficult	2.56%	1
Very difficult	0.00%	0
Not applicable	2.56%	1
TOTAL		39

#	COMMENT	DATE
1	past forums should list price as some people think they have to pay that to watch presentations	7/10/2025 8:47 AM
2	Can be a little hard to direct teams to April Falls info and forum site talks. You need to know your way around the site.	7/8/2025 1:01 PM

Q17 What information do you look for on the NSW Fall Prevention and Healthy Ageing Network website?

Answered: 31 Skipped: 29

#	RESPONSES	DATE
1	patient information and updates to practice	8/4/2025 8:54 AM
2	EBP available programs for the patients in the community	7/31/2025 10:24 AM
3	updates / resources /	7/28/2025 9:21 AM
4	falls guideline	7/28/2025 8:39 AM
5	exercise groups, falls prevention groups, stay active and healthy booklets in various languages, falls prevention education handouts in various languages, videos of exercises to share with clients/ family members.	7/28/2025 8:26 AM
6	Can't find anything to help me	7/27/2025 11:52 AM
7	RACF information	7/26/2025 6:27 AM
8	handout resources for clients	7/25/2025 3:09 PM
9	Falls Guidelines	7/25/2025 1:38 PM
10	I usually read the email content	7/25/2025 10:27 AM
11	resources upcoming events webinars research, evidence	7/25/2025 10:07 AM
12	Handouts and evidence.	7/25/2025 8:42 AM
13	none	7/25/2025 8:38 AM
14	strategies to reduce the risk of falls for older people in aged care	7/25/2025 8:28 AM
15	newsletter	7/25/2025 8:22 AM
16	Regional seminars/educational sessions or upcoming events in mid north coast	7/25/2025 8:18 AM
17	research topics	7/25/2025 6:23 AM
18	Exercise and management ideas Patient info for them to read as consumers	7/24/2025 10:21 PM
19	Research on the latest falls data	7/24/2025 8:44 PM
20	patient information	7/21/2025 1:51 PM
21	younger people	7/11/2025 9:04 AM
22	Resources: mini-reviews and presentations for educational purposes	7/10/2025 9:51 AM
23	Forums, up to date resources	7/10/2025 8:47 AM
24	Stepping On	7/9/2025 8:18 PM
25	Talks, consumer and staff info, April Falls, Forum info, links to resources, courses etc	7/8/2025 1:01 PM
26	multi language resources	7/8/2025 11:54 AM
27	no time	7/8/2025 11:14 AM

2025 NSW Fall Prevention and Healthy Ageing Network Annual Survey

28	Upcoming events by other agencies.	7/8/2025 10:33 AM
29	research outcomes	New and emerging concepts / 7/8/2025 7:17 AM
30	Resource	7/7/2025 5:55 PM
31	Exercise groups, courses and resources	7/7/2025 8:22 AM

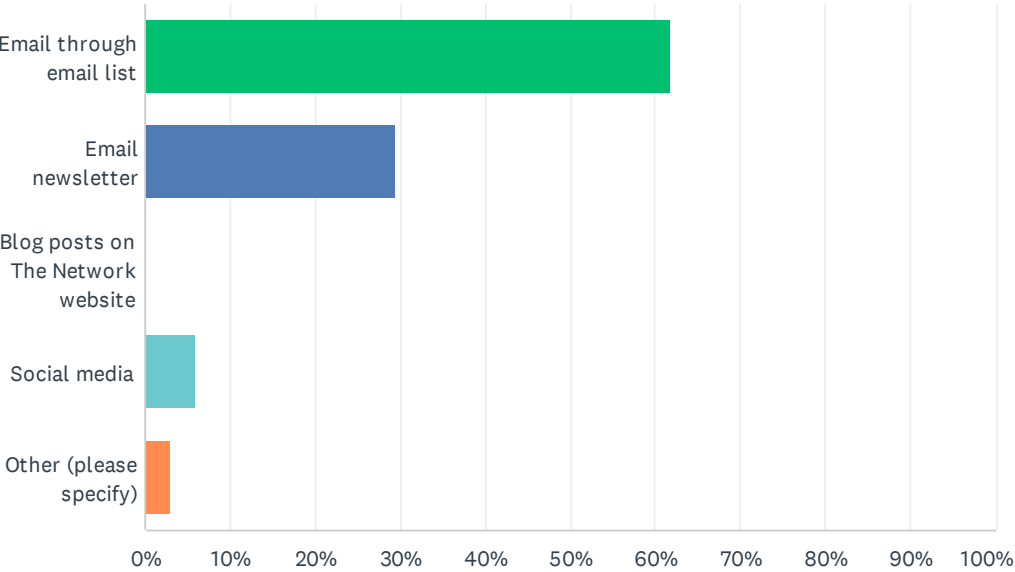
Q18 Is there an aspect of the website we need to improve on?

Answered: 18 Skipped: 42

#	RESPONSES	DATE
1	no	8/4/2025 8:54 AM
2	n/A	7/28/2025 9:21 AM
3	no	7/27/2025 11:52 AM
4	No	7/26/2025 6:27 AM
5	n/a	7/25/2025 1:38 PM
6	no comment	7/25/2025 10:27 AM
7	Exercise handouts need updating. Balance x's should not be with external support yet all pictures had people handling on. Also include upper limb re wall/bench push ups as can help mx fall and reduce injuries such as Distal radius the most common OP fracture. Also handouts in more languages.	7/25/2025 8:42 AM
8	n	7/25/2025 8:38 AM
9	unsure	7/25/2025 8:28 AM
10	not that I can think of	7/25/2025 6:23 AM
11	No	7/24/2025 8:44 PM
12	younger people and mental health	7/11/2025 9:04 AM
13	Keep up to date and make sure links work	7/10/2025 8:47 AM
14	More information on Stepping On	7/9/2025 8:18 PM
15	As above re website navigation	7/8/2025 1:01 PM
16	mmmmm!	7/8/2025 11:14 AM
17	Unknown	7/7/2025 5:55 PM
18	Clearer ways of accessing courses for external providers keep up to date	7/7/2025 8:22 AM

Q19 What is the best mechanism to communicate fall prevention and healthy ageing information to you?

Answered: 34 Skipped: 26



ANSWER CHOICES		RESPONSES	
Email through email list		61.76%	21
Email newsletter		29.41%	10
Blog posts on The Network website		0.00%	0
Social media		5.88%	2
Other (please specify)		2.94%	1
TOTAL			34

#	PLEASE SPECIFY	DATE
1	visits from champions	7/8/2025 11:14 AM

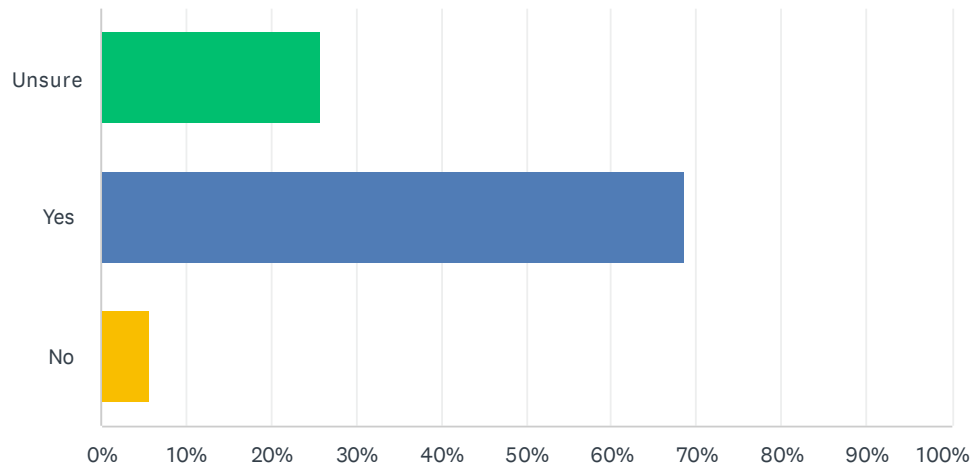
Q20 What other information and resources around fall prevention and healthy ageing would you find helpful and what other improvement suggestions do you have for the NSW Fall Prevention and Healthy Ageing Network and its activities?

Answered: 14 Skipped: 46

#	RESPONSES	DATE
1	nil	8/4/2025 8:54 AM
2	Online short webinars or outlines to assist	7/27/2025 11:52 AM
3	As above	7/26/2025 6:27 AM
4	nil	7/25/2025 10:07 AM
5	Complex case reviews	7/25/2025 8:42 AM
6	Dietary considerations such as protein supplements.	7/24/2025 8:44 PM
7	Unsure if the right place for this information but it could be useful to have information for current falls related projects across the state from members of the group. A way for members to know who is working on what and promote collaboration	7/10/2025 9:51 AM
8	Implementation workshops	7/9/2025 8:18 PM
9	Happy with what is current and items mentioned previously.	7/8/2025 1:01 PM
10	falls booklet	7/8/2025 11:54 AM
11	Thank you very much for this extremely valuable Network. We need better integration in order to tackle the issue that is falls in older adults and this is a great start.	7/8/2025 10:33 AM
12	I t would be great to see more involvement of the aged care sector as a means of better falls prevention and management in residential care so that it has less impact on the health system.	7/8/2025 7:17 AM
13	Nil	7/7/2025 5:55 PM
14	Impact of bed rails, translated videos and simulations of best practice, why important get patients up, dressed like give it a go with a focus on purpose, Activity and own clothes and appropriate footwear drives	7/7/2025 8:22 AM

Q21 The best way to keep up to date with The Network's activities and events is via our Listserv and social media (@NSWFallsNetwork). Are you currently subscribed to our email list (Listserv)?

Answered: 35 Skipped: 25



ANSWER CHOICES	RESPONSES	
Unsure	25.71%	9
Yes	68.57%	24
No	5.71%	2
TOTAL		35