



## Stay On Your Feet

### Helen Kale

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- Three year NSW Health funded injury prevention project. Completion April 2010
- Target group is those aged 50+ who live independently in the community in the Gosford LGA
- SOYF promotes healthy active, positive ageing and reduces the risk of injury due to falls



- By reducing the risk it will enable people to stay mobile and live independently in the community



## Stay On Your Feet has been working towards:

- Increasing the proportion of older people who take appropriate action to reduce their risk of a fall related injury
- Improving availability of physical activity programs that are appropriate for older people
- Encouraging Health Professionals to recommend appropriate falls injury prevention activities to their clientele



## Risk Factors

- Home Safety *Nov - Jan 08*
- Vision *Feb - April 08*
- Medication *June - August 08*
- Footwear, Gait & Balance *Sept - Nov 08*
- Public Safety *Feb - April 09*
- Chronic Illness *June - July 09*
- Physical activity *throughout project*



## Partnerships

- Home Safety - Hardware shops
- Vision - Optometrists
- Medication - Pharmacies
- Gait, Balance and Footwear - Podiatrist
- Public Safety - Bus companies and Gosford City Council
- Chronic Illness



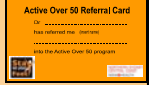
## Physical Activity

- Tai Chi evidence increases muscle strength, flexibility and balance
- 24 Tai Chi classes across Gosford LGA day, evening and weekends. Beginners & intermediate
- Over 200 people attending weekly
- Social get together
- Stay Active Directory



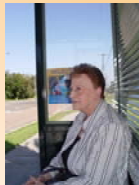
## Health Professionals

- GP referrals 26 GP's referring 180 patients into Active Over 50 program
- Bone densitometry technicians 70 packs weekly
- Community Nursing
- Allied Health eg, S2, Podiatry, Pharmacy, ASET, APAC, ACAT, ALERT



## Other partners

- NSW Fire Brigade
- Gosford HACC services
- Gosford City Council
- Private health insurance providers
- Seniors organisations
- Meals on Wheels
- Ambulance Service



## How to be involved

- Community mailing list
- Network organisation
- Resource dissemination organisation



[www.healthpromotion.com.au](http://www.healthpromotion.com.au)