

April Falls Community Advocate Toolkit

For community groups

1) Display a poster or print these resources to share with your community

Use these as posters or flyers across your community. For example, in waiting rooms, as part of newsletters, or even as a general awareness email to all members in your community.

- [Better Balance for Fall Prevention Poster Version 1](#)
- [Better Balance for Fall Prevention Poster Version 2](#)
- [Better Balance for Fall Prevention Poster Version 3](#)
- [Mental Health Better Balance for Fall Prevention Poster](#)
- [3x3 Healthy Ageing Challenge](#)
- [Daily Physical Activity Examples Poster](#)
- [Healthy Eating Poster](#)
- [Stay Connected Poster](#)
- [Others resources available for ordering](#)

Healthy eating

APRIL FALLS MONTH Safe Activity for Everybody.

Eating a balanced diet is important for good health, strong bones and muscles. A balanced diet keeps our immune system strong, and gives us the energy to do the things we enjoy.

Stay well hydrated

Staying hydrated is important for keeping your body healthy and functioning well. Aim to drink at least 8 glasses of fluid a day, preferably water.

3 x healthy meals a day

Eating three healthy meals including protein, vegetables and fruit will give you the energy to keep active.

Calcium-rich diet

Including calcium in your diet is important for maintaining bone strength. Aim for 3-4 servings of calcium-rich food such as dairy, soybeans, tofu and salmon.

Boost vitamin D

Vitamin D is important for maintaining healthy and strong bones. Vitamin D can be sourced from 15 minutes of sunlight per day, fatty fish, eggs and fortified foods.

Nourishing fluids

If you have a poor appetite, drink nourishing fluids, such as milkshakes, smoothies and soups. It may help to sip to your GP.

Keep it simple

Stick with healthy foods, such as dried milk powder, tinned soups, rice pudding in the pantry and ready meals in the freezer.

Keep on eye on yourself

If you notice your clothes are higher or loose, seek advice from a health professional.

Enjoy food

Preparing meals and cooking are good ways to stick to a routine, and can be an enjoyable part of the day. Try out your favourite recipes or try new ones.

Ask for help

If you have trouble shopping or cooking for yourself, there are services available. Contact Commonwealth Care Line on 1800 052 332. They can help.

For more on healthy eating visit: www.healthyliving.nsw.gov.au

Daily physical activity

APRIL FALLS MONTH Safe Activity for Everybody.

Staying physically active is the single most important thing you can do to stay well and independent. Incorporate some of the below activities into your day. Each activity can be adapted to suit an individual's needs and capabilities. **Enjoy move counts. Stop safely towards better health today.**

Balance challenge

Improve your balance by standing on one leg for 30 seconds. Hold onto a table, hand or a chair for support. Do this 3 times on each leg. Repeat 3 times a day.

Sit to stand

Using a dining chair, see if you can stand up and sit down 5-10 times. Use and lower your hand 10 times. Repeat 3 times a day to keep your legs strong.

Kettle boiling exercises

When you boil the kettle, do some heel lifts. Lift and lower your heel 10 times. Hold on to the bench for support.

Sit less, move more

Avoid sitting for long periods. Get up, stretch and stretch your muscles. This is a great way to incorporate good posture and avoid slouching up.

Join a group

Join a walking group, exercise class or go to the gym.

Dance to music

Put some music on and get moving. Dancing is also a great social activity.

Take the stairs

Step up and down on your first step for 1 minute. Remember to change your lead leg. Repeat 3 times per day.

Get in the garden

Do 10 minutes of digging, mowing or raking in the garden.

Get started

Seek advice from a health professional such as a physiotherapist, exercise physiologist or your GP.

For balance and strength focused exercise programs visit: www.activeandhealthy.nsw.gov.au
For advice on exercising safely at home visit: www.informasport.com.au

The 3 x 3 Healthy Ageing Challenge

Challenger's name: _____

Start your healthy ageing journey today by taking the 3 x 3 challenge.

By eating three healthy meals, engaging in physical activity and socialising every day you'll keep your mind and body strong.

Tick the challenge's calendar opposite when you have met the daily goals.

Want to double the enjoyment? Invite a friend to take the challenge with you.

3 x Healthy meals each day

Engage in physical activity

Social activity

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	April 2024		For group exercise visit www.activeandhealthy.nsw.gov.au		

APRIL FALLS MONTH

2) Educate your community via a falls prevention presentation

- Share this [PowerPoint presentation](#) which provides an overview of the problem of falls, the evidence for fall prevention and a number of useful resources to help in any fall promotion program
- Or book a [free face-to-face presentation](#) with a peer speaker from the Older Person's Health Promotion Service

3) Share the email signature banner and wallpaper across your organisation

- [Microsoft Teams / Zoom background](#)



- [Email signature](#)



4) Support your community to access the Healthy Ageing Online Learning hub using the Healthy Ageing Online Learning guide

Healthy Ageing Online Learning helps you make small changes to improve your health and wellbeing.

You can now access the Healthy and Active for Life Online program content as Healthy Ageing Online Learning. Learn about healthy eating, getting active and falls prevention at your own pace from the comfort of your own home.

You can access:

- [eight online learning modules](#) with quizzes
- [two online exercise circuits](#) designed for beginners with videos so you can follow along at home
- fact sheets with helpful tips and information
- an exercise manual and logbook with images and easy-to-follow instructions

Community organisations can deliver the Healthy Ageing Online Learning in their group settings. Download the [Healthy Ageing Online Learning guide](#) for support.

5) Share content from these healthy ageing and advocacy websites and look out for them on social media

[Central Coast Health Promotion Service](#)

[NSW Fall Prevention & Healthy Ageing Network](#)

[COTA NSW](#)

[NSW Health - Healthy Eating Active Living](#)

[Central Coast Healthpathways](#)

[Health Direct](#)

[Get Healthy Service](#)

6) Promote the Active & Healthy and LiveUp websites to your community

Information for older Australians, health professionals and exercise program providers to help people eat healthily and be active as they grow older.

Active & Healthy

Access the full range of NSW Health's healthy ageing resources including:

[Healthy ageing online learning](#)

[Local exercise program search tool](#)

[Falls prevention](#)

[Where to find your nearest Stepping On program](#)

LiveUp

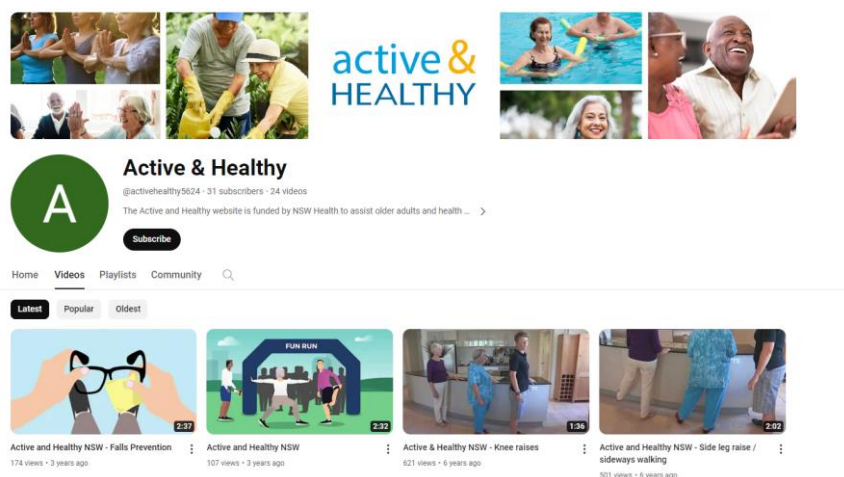
LiveUp offers a free, confidential, and personalised navigation service to help you understand and explore your healthy ageing options. Whether you need help to use the LiveUp website, want to talk to someone about healthy ageing and maintaining independence, the friendly Navigation service can help you find an exercise or social group near you and send you resources.

The support team is available Monday to Friday, 9am to 5pm on 1800 951 971.

[LiveUp support](#)

7) View and share consumer experiences of the impact of falls and instructional videos on simple home exercises to build strength and balance to your community via Active & Healthy's YouTube channel

[Active & Healthy YouTube channel](#)



8) *Let people in your community know about the Stepping On program if they have had a recent fall, or are frightened of falling*

[Stepping On](#) is a seven-week community-based falls prevention program for adults aged 65 and over and Aboriginal and Torres Strait Islander people aged 45 and over. The program helps participants build knowledge, strength, and confidence to prevent falls and maintain their independence.

It involves gentle group exercise to improve balance and educational talks from experts. Topics covered include home hazards, community safety, managing medications, safe footwear, vision, and healthy eating.

Stepping On programs in April

The following programs are facilitated by Catholic Healthcare. Contact the program facilitator on 0478 282 765 to register or for more information:

- Our Lady of Loreto Gardens, Hamlyn Terrace, every Friday, 10am-12pm, starting 5 April
- Henry Kendall Gardens, Wyoming, every Monday, 10am-12pm, starting 8 April
- Kincumber Neighbourhood Centre, every Thursday, 10am-12pm, starting 11 April

The following program is facilitated by Adssi In-home Support. Contact Adssi on 1300 578 478 to register or for more information:

- Wesley Seniors Social Hub, Tuggerah, every Monday, 10am-12:30pm starting 8 April

9) *Share a social media tile on your channels*

[Exercise guide tile](#)

The image is a social media tile for 'APRIL FALLS MONTH'. It features a blue header with the text 'Exercise for fall prevention' and 'As part of the recommended guidelines: 150-300mins/week'. Below the header are three columns of content, each with an illustration and text. The first column shows a person at a table and a person on a staircase, with text: 'Emphasis on functional balance & strength training. Variety is the key!'. The second column shows two people walking, with text: 'Every bit of activity helps. At least 3 days a week.' The third column shows two people dancing, with text: 'If it's too easy... ..safely increase the challenge!'. At the bottom, there is a blue banner with the text 'Fall prevention is everybody's business!' and the NSW Fall Prevention & Healthy Ageing Network logo.

APRIL FALLS MONTH Exercise for fall prevention
As part of the recommended guidelines: 150-300mins/week

Emphasis on functional balance & strength training. Variety is the key!

Every bit of activity helps. At least 3 days a week.

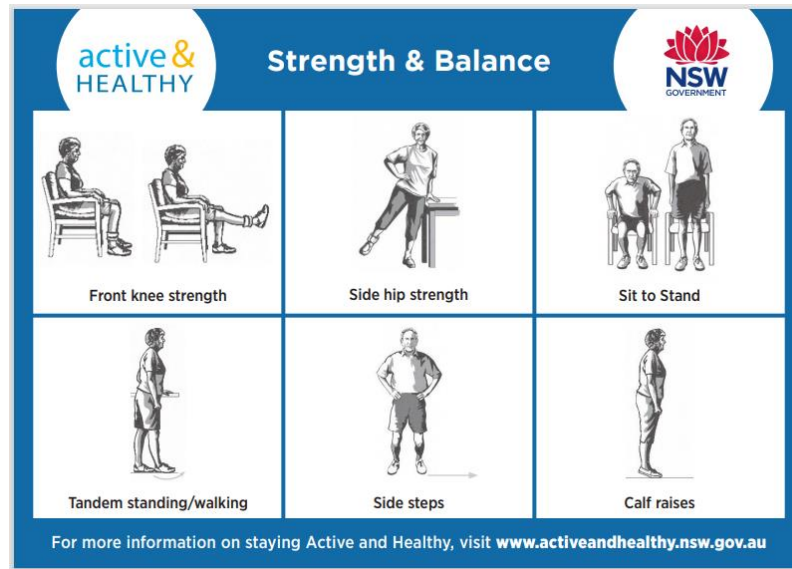
If it's too easy... ..safely increase the challenge!

Fall prevention is everybody's business!

NSW Fall Prevention & Healthy Ageing Network

10) **Contact our team to discover more ways you can help promote healthy ageing in your community including using our free resources**

- Healthy ageing bags filled with a range of print resources on nutrition, keeping active, falls prevention and helpful services to support those living independently in the community.
- Strength & Balance exercise magnets



- Falls risk reduction prevention magnets
- Active & Healthy [tri-fold brochures](#) to order or self-print

Find an exercise program

Follow these four easy steps:

- 1 Visit www.activeandhealthy.nsw.gov.au
- 2 Click on 'Find an exercise program'
- 3 Type in your suburb and how far you can travel
- 4 Click 'Search programs' to browse

You can filter programs by type of activity or to **find free classes** or online programs.

For more information on healthy ageing resources, contact your Local Health District.
Central Coast Health Promotion Service
4320 9700

Follow us on Facebook or Instagram
@HealthyEatingActiveLivingNSW

Getting healthy and active in older adulthood has many benefits. It can help you:

- stay independent
- improve balance and prevent falls
- keep your bones and muscles strong
- manage or lower your risk of chronic diseases like heart disease and diabetes
- maintain your energy levels and concentration
- improve your mood and sense of wellbeing.

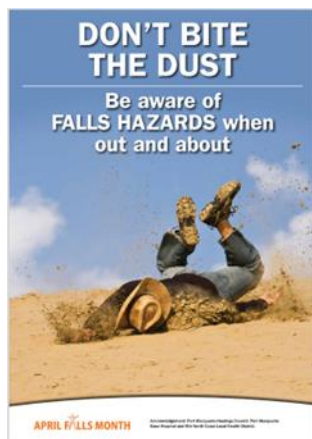
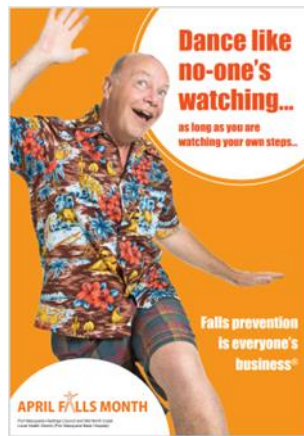
Do you want to be active and healthy?

NSW Health's healthy ageing resources can help you to eat healthy and be active as you age

NSW GOVERNMENT

<h3>Get Healthy Service</h3> <p>The Get Healthy Service is a free NSW Health coaching service that helps you make lifestyle changes to improve your health. University qualified health coaches can help you with setting and achieving health goals, such as:</p> <ul style="list-style-type: none"> • eating well and staying active • reaching and staying a healthy weight • drinking less alcohol • managing or lowering your risk of illness and chronic disease. <p>The program is designed to fit in with your life, with health advice tailored to your needs and goals.</p> <p>Join the Get Healthy Service online, ask your health professional for a referral, or call 1300 806 258. Register online at: www.gethealthynsw.com.au</p>  <p>"Being able to make positive life changes, and being able to do that in front of friends and family has been important"</p>			
<h3>Healthy Ageing Online Learning</h3> <p>Healthy Ageing Online Learning is free self-directed healthy lifestyle education that helps you make small changes to improve your health and wellbeing. Learn about healthy eating, getting active and falls prevention at your own pace from the comfort of your home. You can access:</p> <ul style="list-style-type: none"> • eight learning modules with quizzes • two exercise circuits for beginners • fact sheets with helpful tips and information • an exercise manual and logbook with images and easy-to-follow instructions. <p>You can access the free Healthy Ageing Online Learning at: www.activeandhealthy.nsw.gov.au</p>		<h3>Community exercise</h3> <p>Joining a local exercise class is a great way to get active, stay healthy and make friends along the way. Visit the Active and Healthy website to find exercise and falls prevention programs tailored for older adults in your local area. Classes may include:</p> <ul style="list-style-type: none"> • gentle exercise • aquatic exercise • Tai Chi and Qi Gong • yoga and pilates • walking groups • dance and more. <p>You can search for classes based on your suburb and how far you can travel. To get started, visit: www.activeandhealthy.nsw.gov.au</p>	

- Loose leaf [falls prevention resources](#) to order or self-print
- Falls prevention posters to order or self-print by clicking each poster



- [Get Healthy Service](#) resources and how to refer



The Get Healthy Service offers free phone and online health coaching to help improve your health.

Change your habits and reach your health goals:

- Eat healthy
- Get active
- Cut down on alcohol
- Reach and stay a healthy weight
- Stay active during and after cancer treatment

Benefits

Getting healthy and active in older adulthood has many benefits:

- maintain your energy levels and concentration;
- keep your bones and muscles strong;
- improve balance and prevent falls;
- manage or lower your risk of chronic diseases like heart disease and diabetes;
- help you stay independent;
- improve your mood and sense of wellbeing.

Health coaching helps you set and reach your health goals.

The Get Healthy Service offers:

- university qualified health coaches;
- regular phone or video calls to keep you on track and motivated;
- health advice tailored to your needs and goals;
- safe activity ideas you can easily add into your everyday life, and more.

Contact information

Call 1300 806 258
Monday to Friday, 8am to 8pm
Saturday 9am to 5pm
gethealthynsw.com.au

Free access to interpreter services and the National Relay Service are available.

SHPN (CPH) 230905 | SKU ID: DHSAGPC23
November 2023 © NSW Health

Contact our team for assistance:

Ph: (02) 4320 9700

E: CCLHD-healthpromotion@health.nsw.gov.au

Extra tools for fitness professional advocates

- 1) Here are some social media tiles to make falls prevention part of your business.

[Contact your local Exercise Professional tile](#)

[Exercise guide tile](#)

[ESSA branded campaign tile for EPs](#)



Suggested text to share with social tiles:

#AprilFalls month is a great time improve your strength and balance, I/we can help you get started and keep you on track. Contact us for more info / book an assessment on name@email / phone xxxx”

- 2) [List your community exercise program](#) on the Active & Healthy website

Active & Healthy is an online directory of community-based programs for people aged 50 years and over. It includes general physical activity programs and physical activity programs aimed at preventing falls.

By listing your programs you're letting GPs, health professionals and community members know there are suitable physical activity programs in their area. The web-based directory is a quick, easy way for people to access program information. It also allows you to easily update information if you make any changes to your program.

Extra tools for health professionals in a community setting

- [April Falls GP patient flyer](#)
- [World guidelines for falls prevention and management for older adults: a global initiative](#). Ensure that you keep abreast of the current recommendations on falls prevention and management and share this resource with your colleagues.
- [Preventing falls at home - Tips for seniors](#)

Exercise resources and referral pathways

- [The Safe Exercise at Home website](#) has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations and has been endorsed by the Australian Physiotherapy Association.
- The National Council on Ageing wrote a [helpful article](#) on the 10 myths about older adults and falls
- [Exercise and Sports Science Australia, ESSA](#) - find an Accredited Exercise Physiologist
- [Australian Physiotherapy Association, APA](#) - find an Accredited Physiotherapist
- [AusActive](#) - find an AusActive Fitness Trainer
- [Living Longer, Living Stronger, COTA NSW](#) - find a local Living Longer Living Stronger Provider

Assessment tools for fall prevention

- [Falls Risk Assessment Tool \(FRAT\)](#) assessment tool and instructions for use. The four-item PH-FRAT is a popular, moderately predictive, reliable and brief method of screening fall risk in subacute and residential aged care. Read this [journal article](#) for more information.
- [Short Physical Performance Battery \(SPPB\)](#) assessment tool and instructions for use. A short three-task physical assessment tool measuring balance, gait and strength. Read this [journal article](#) for more information.
- [Quickscreen](#)
The NeuRA QuickScreen © Clinical Falls Risk Assessment is a multifactorial assessment tool which was designed specifically for use in clinical settings. The assessment also allows the user to calculate the combined risk increase that the identified risk factors present for future falls. The inclusion of this scoring system in the QuickScreen © allows for the identification of people who are at a high risk of falling, in addition to its ability to determine which

specific factors contribute to that risk. Read this [journal article](#) for more information.

- [Home Falls and Accidents Screening Tool \(Home FAST\)](#) is a valid and reliable online tool for predicting the risk of a fall at home. It helps health professionals and home users to review the most common trip hazards around the home and work out the risk of an accident.