

Home Based Falls Prevention Program

The background features several decorative circles. There are three light purple circles in the top row and three in the bottom row. The top row has one white circle on the left and two solid light purple circles on the right. The bottom row has two solid light purple circles on the left and one white circle on the right.

Coordinator

Elizabeth Pressick

Overview of Presentation

Home Based Falls Prevention Program

- The Project – the big picture
- Funding
- Evaluation
- Sustainability
- The plan – key tasks and timing
- Exercise program delivery
- Client recruitment
- Referral to HBFPP



The Project



- **The big picture...**

- NHMRC & DHV Falls Prevention Partnership Research Project
- North west, east, south regions of Melbourne – 3 regions and 6 agencies
- Our region comprises ISEPICH and KBPCP, delivered by BBCH as the leader for BBCH, ISCHS, CBCHS

- **The aims of the project are to...**

- Evaluate the implementation of six falls prevention programs for older adults

- **The aims of our program are to provide...**

- Successful and beneficial health outcomes for clients
- Cost effective sustainability

Funding



- NHMRC
- Department of Health Victoria

- Our Budget
\$279,200.00

Evaluation



Monash Injury Research Institute at Monash University

- Data submission
1 x month
- Final data submission
31.07.2013

Sustainability

When funding ceases...

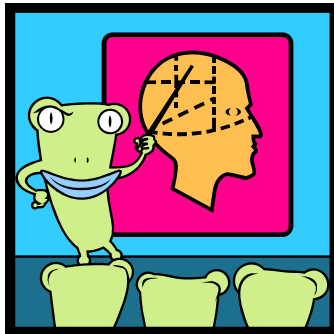
- Sustainability plan
- Brainstorming
- Management perspective
- Program delivery perspective
- Client perspective



The Plan

**Stages for two year period
September 2011-
August 2013**

- Planning
- Implementation
- Evaluation & final report



Key tasks and timing

- All going according to plan at this stage
- Plans, processes and procedures have been, or, are in the final stages of development
- Program delivery will commence 12.01.12

Exercise Program Delivery...

The Home Based Falls Prevention Program

Description...

- Based on the Otago Exercise Program
- Delivered in the client's home
- 6 months client participation
- Client screening and orientation
- Assessment and reassessment by a Physiotherapist
- Progressive exercises, 3 x week, prescribed by the Physiotherapist
- Prescription of flexibility, strength and/or balance exercises
- Walking 2 x week
- Further assessment, monitoring and support by an AHA



Client Recruitment

Methods

- Meetings
- In-services
- Consultations
- Falls expo stall
- Seniors week stall
- Mail outs

Resources

- Client information brochure
- Medical Authorization Form
- Referral procedures



To whom...

Internal

- Teams
- Service providers

External

- PCPs
- CHCs
- LGAs
- RDNS
- Hospitals
- Access care
- Division of GPs
- Medical centres
- Community groups

Referral to HBFPP

- Through BBCH Sandringham Reception

Phone: 9598 2808



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- For further information:
Contact Liz Pressick
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Questions

