

"Making a Move" Falls Prevention Program 2010 - 2011



"Making a Move" Program

- 15 falls and balance groups, each with 15 people, running for 15 weeks, meeting once per week for 2 hours of exercise +/- education sessions
- Each group received up to 7 education sessions: occupational therapy, podiatry, dietetics, continence advice, medication, an optometry, Vision Australia, Feldinkrais and health coaching

"Making a Move" Program

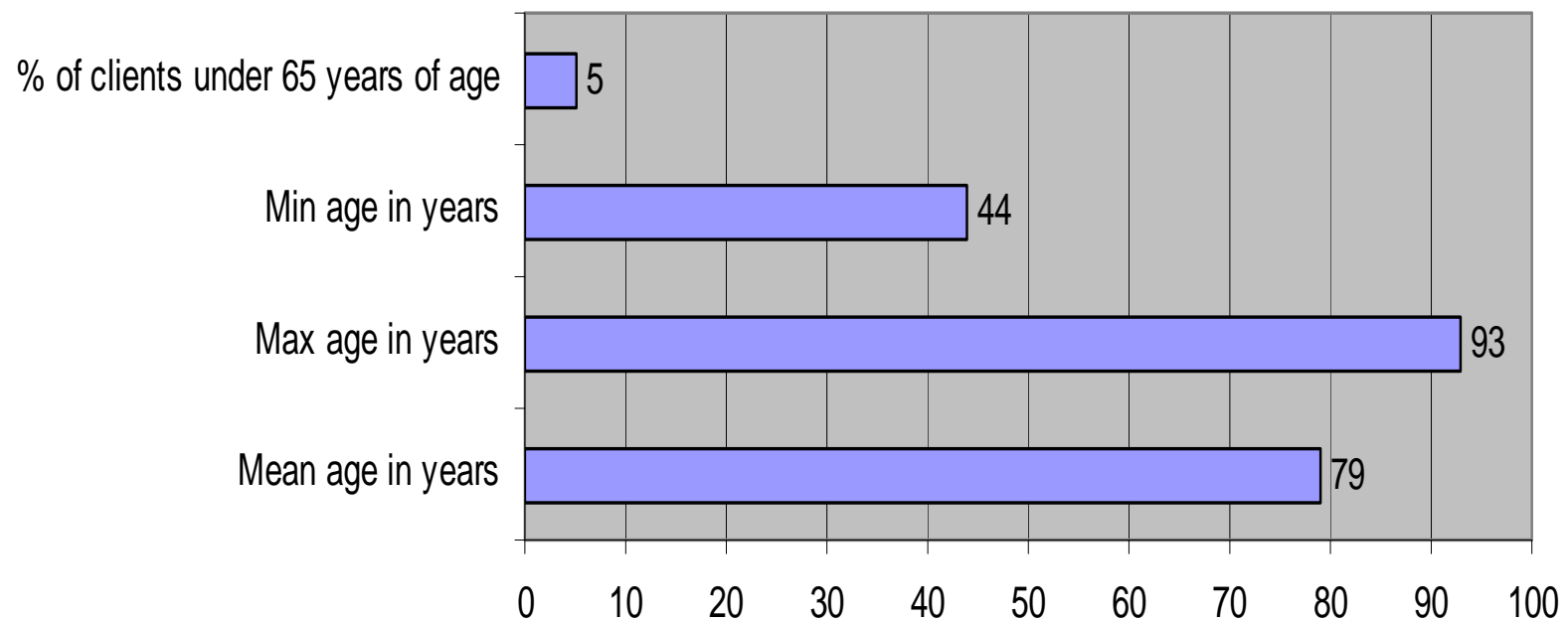
- Program was a partnership between BBCH, CBCHS, ISCHS, ISEPICH, KBPCP, 5 LGAs, Vision Australia, RDNS
- Of the 15 groups: 6 held at BBCH, 5 held at CBCHS and 4 held at ISCHS
- The program started in January 2010 and the last group finished on 26/7/11

"Making a Move" Program

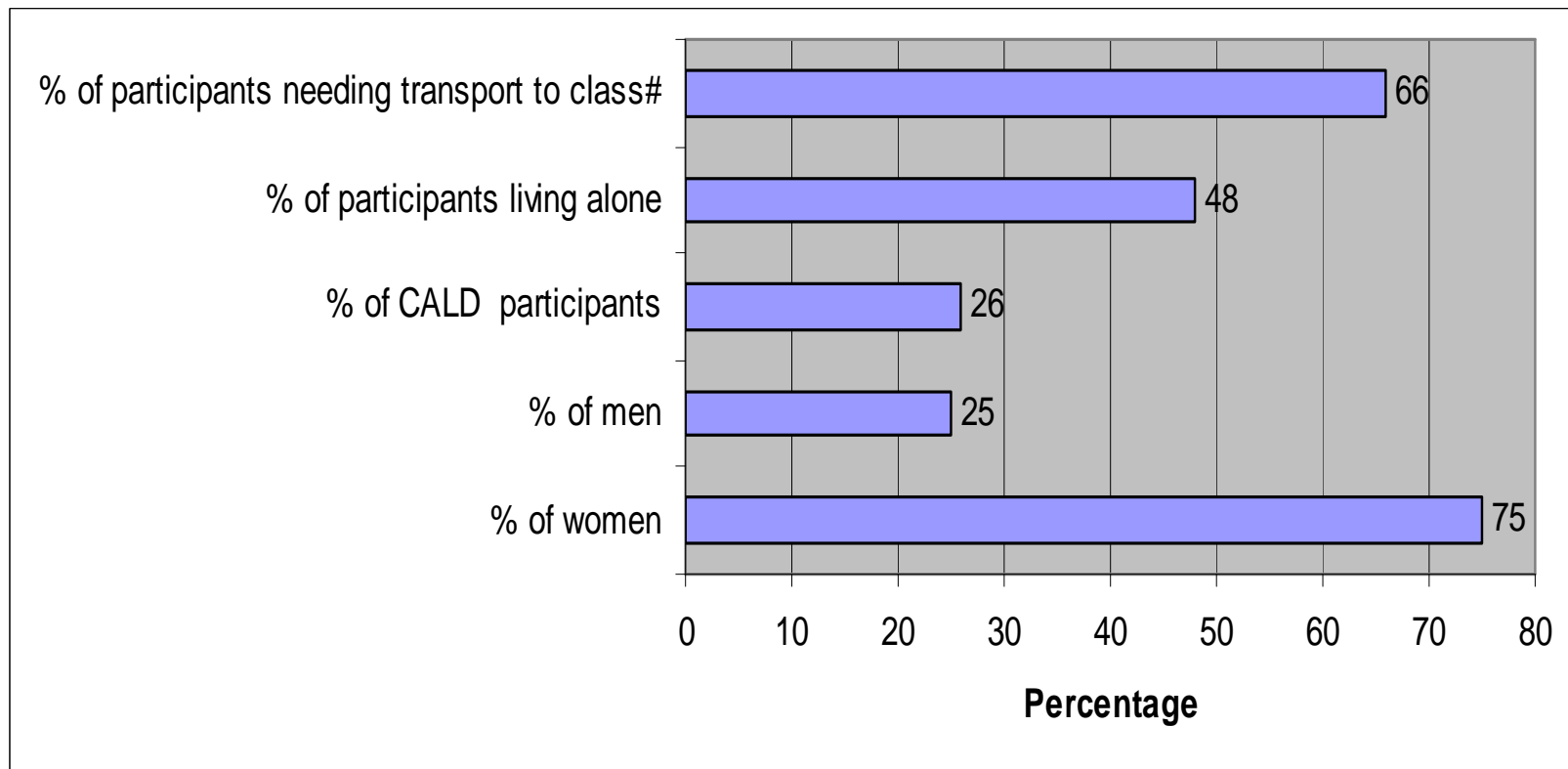
- The target population was HACCC eligible clients aged >65 years living in the community, who had fallen at least once in the last year, or who were assessed as being at high risk of falls by the assessing physiotherapist
- There was no cost for clients to participate, and transport was available for some groups

MAM Demographic Data

AGE RANGE OF PARTICIPANTS

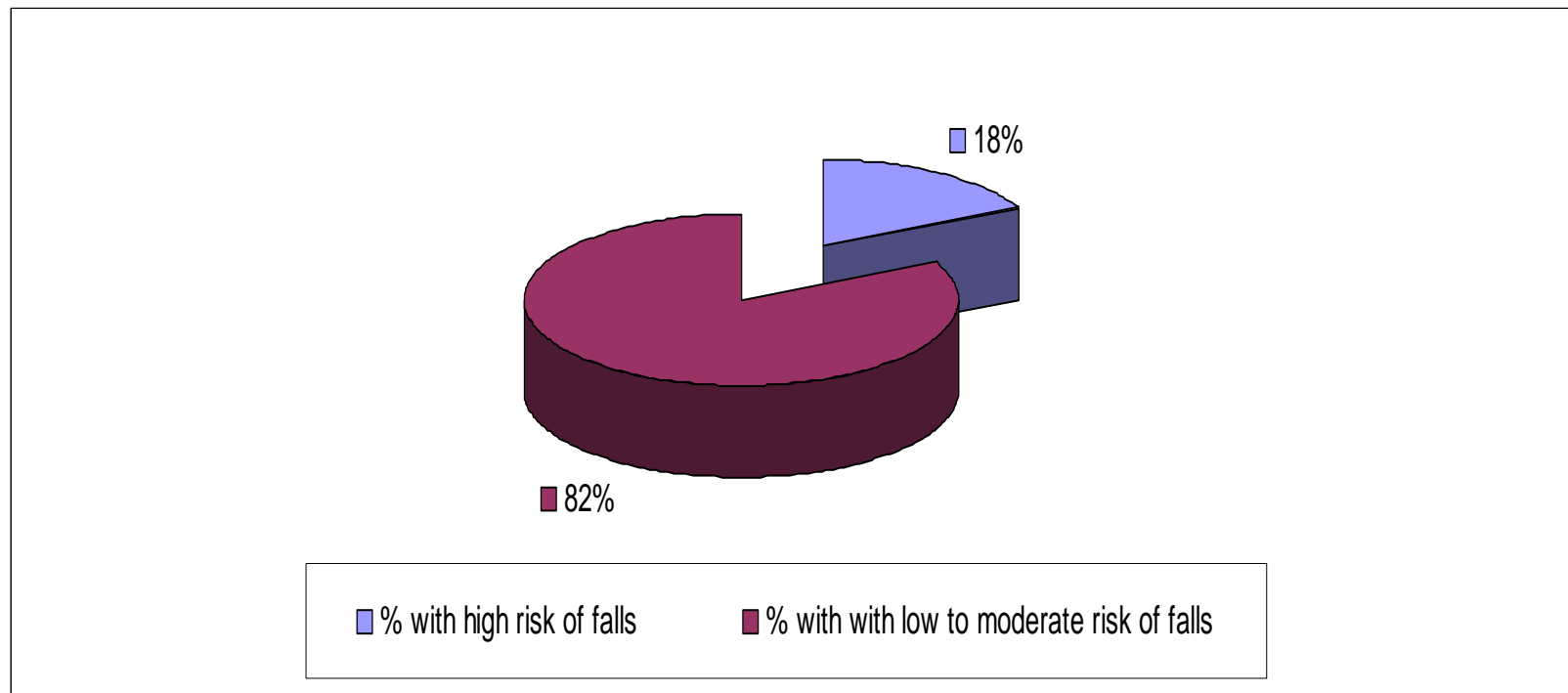


MAM Demographic Data

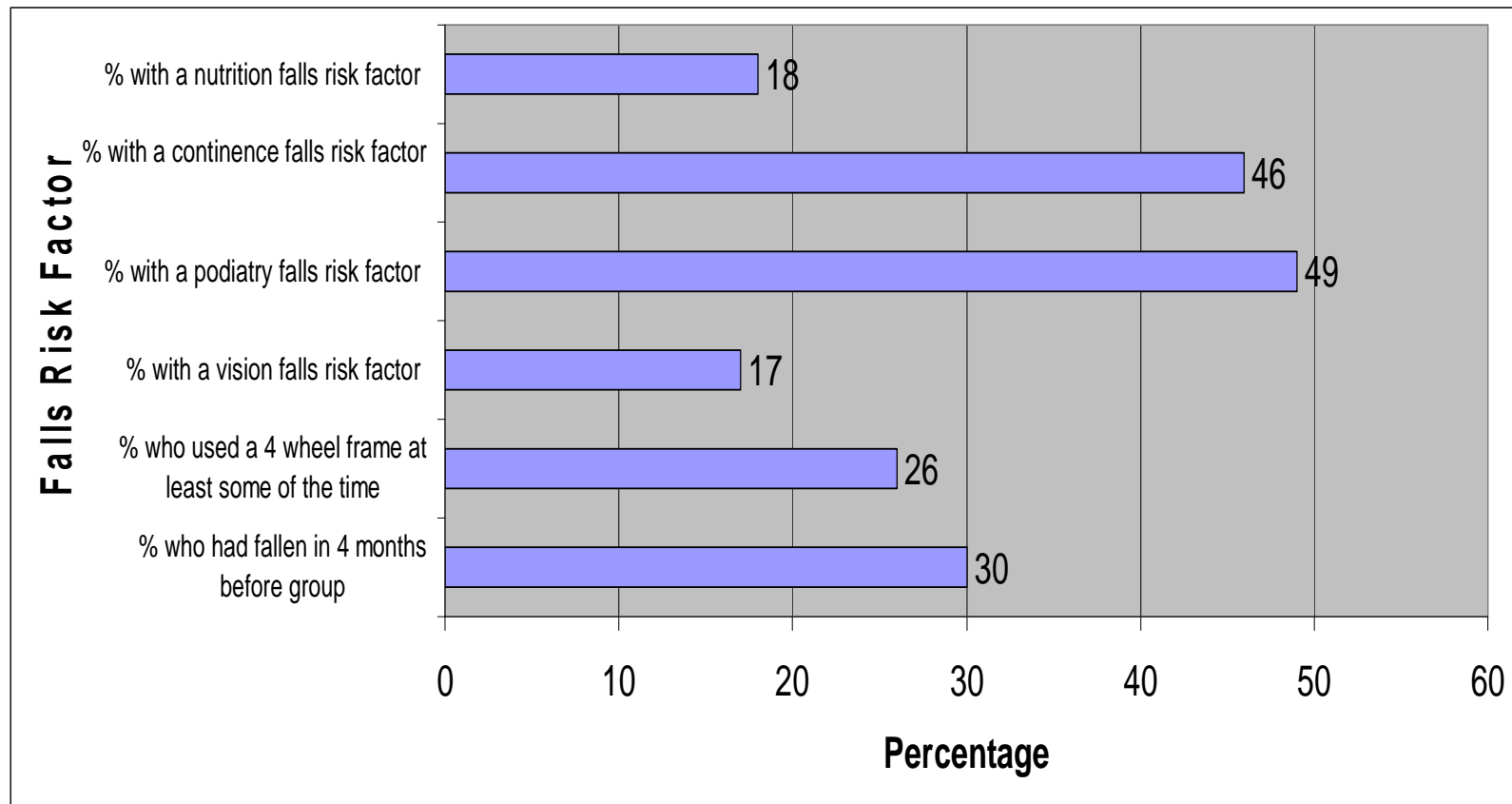


Transport was available at BBCH only, although staff at CBCHS and ISCHS spent time organizing taxis, assisting with car pools etc

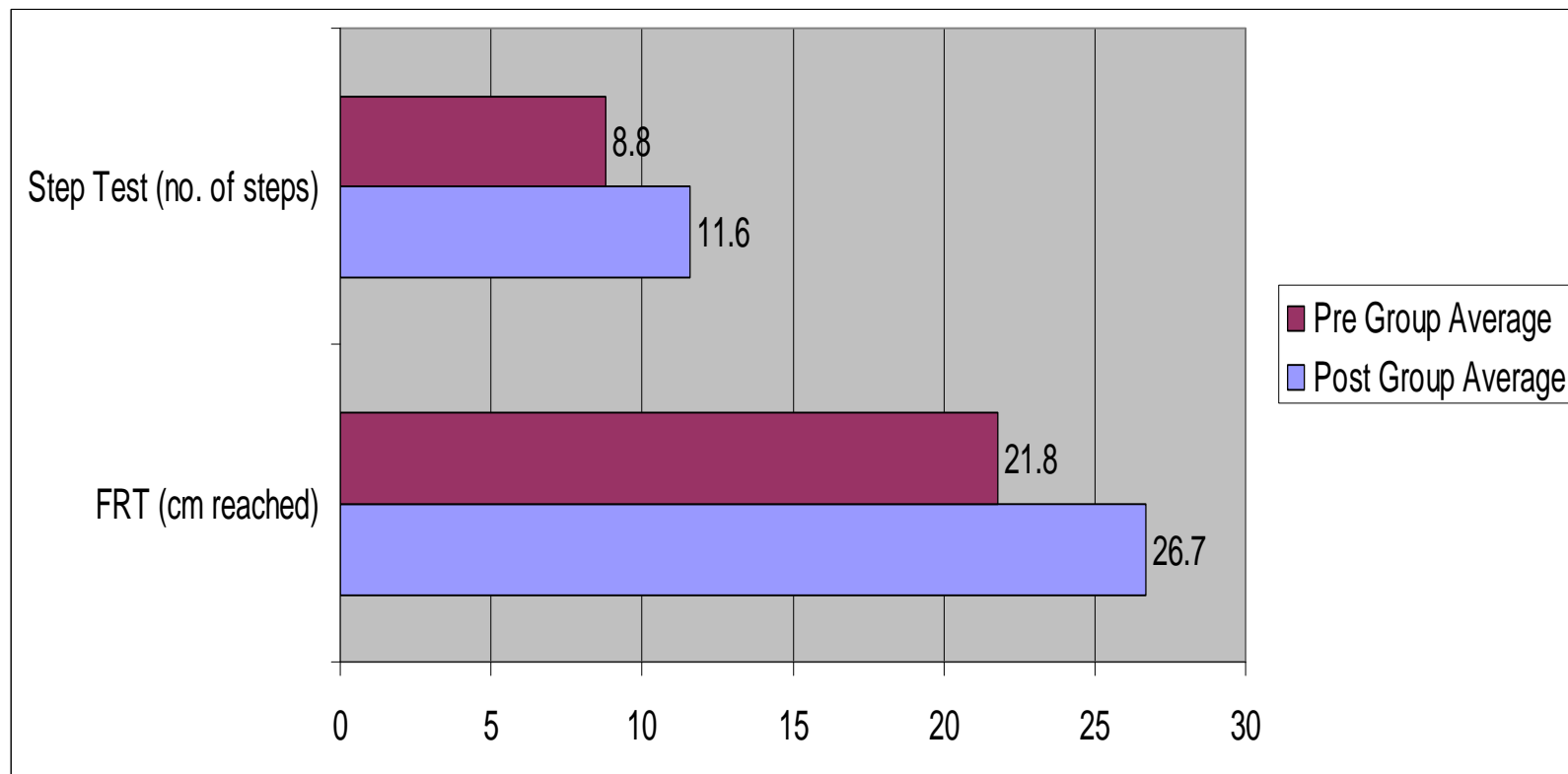
Profile of participants: falls risk as determined by FROP Com screening tool



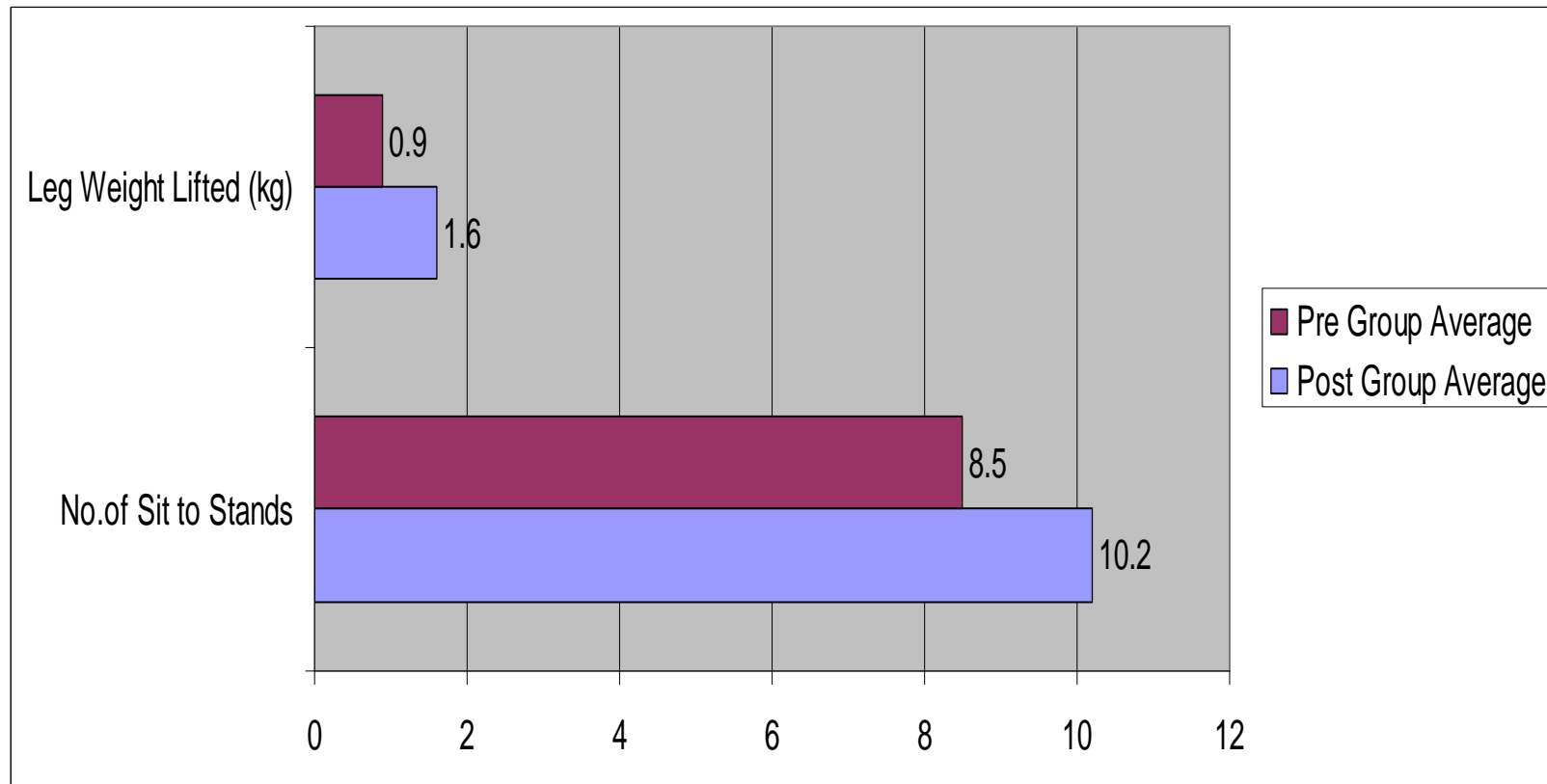
Profile of participants: specific falls risk factors



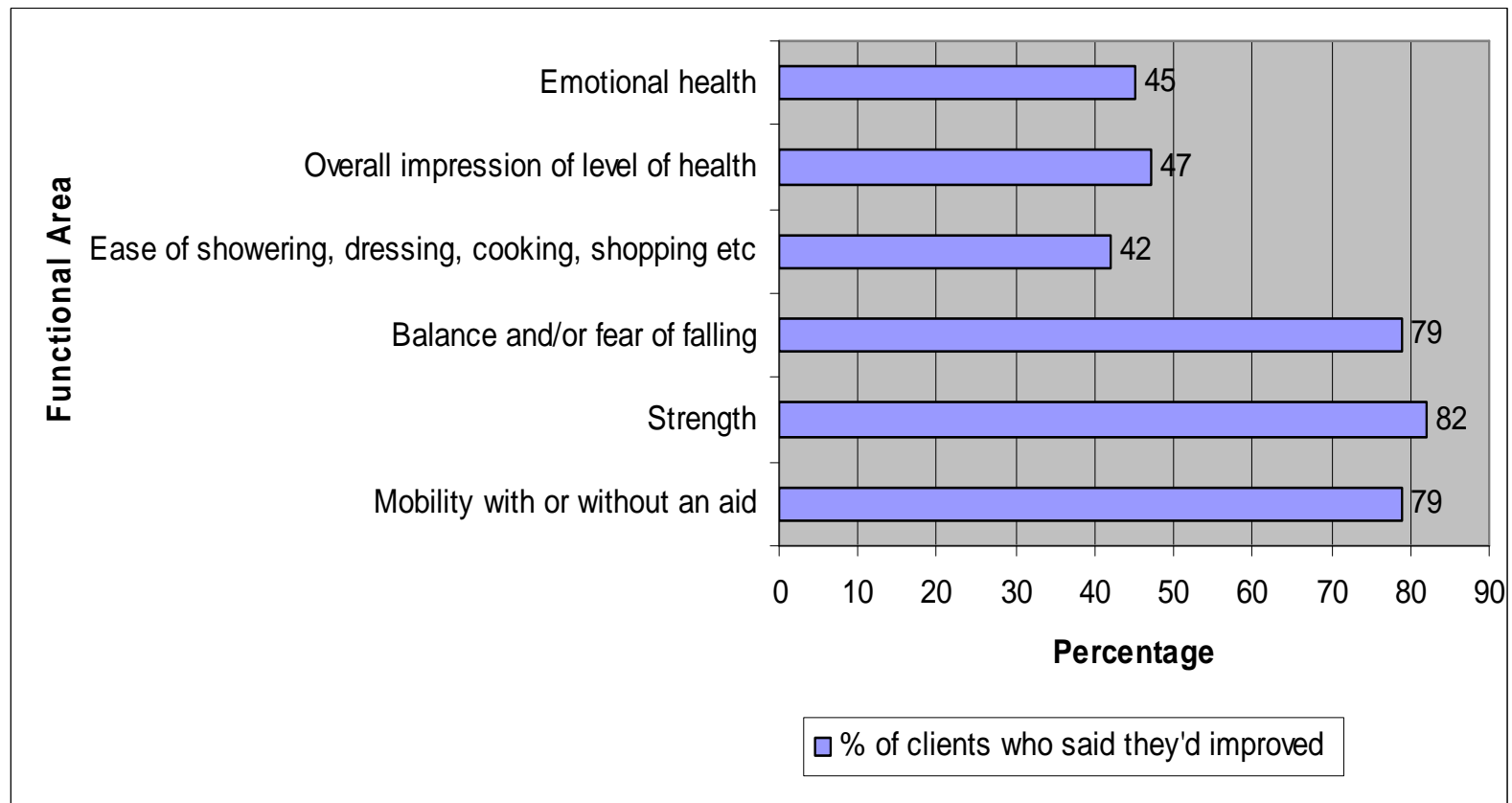
Pre and post balance measures



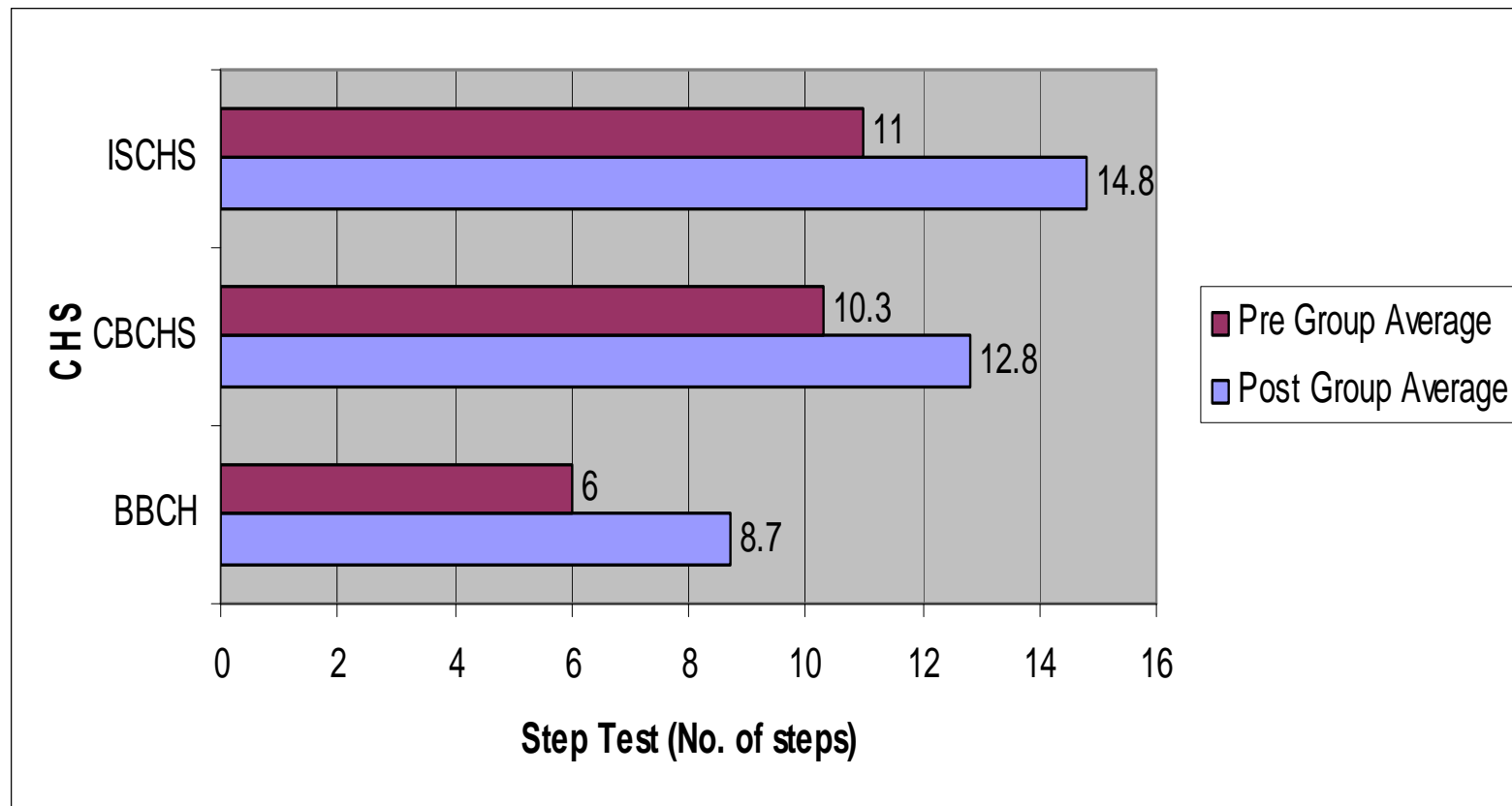
Pre and post strength measures



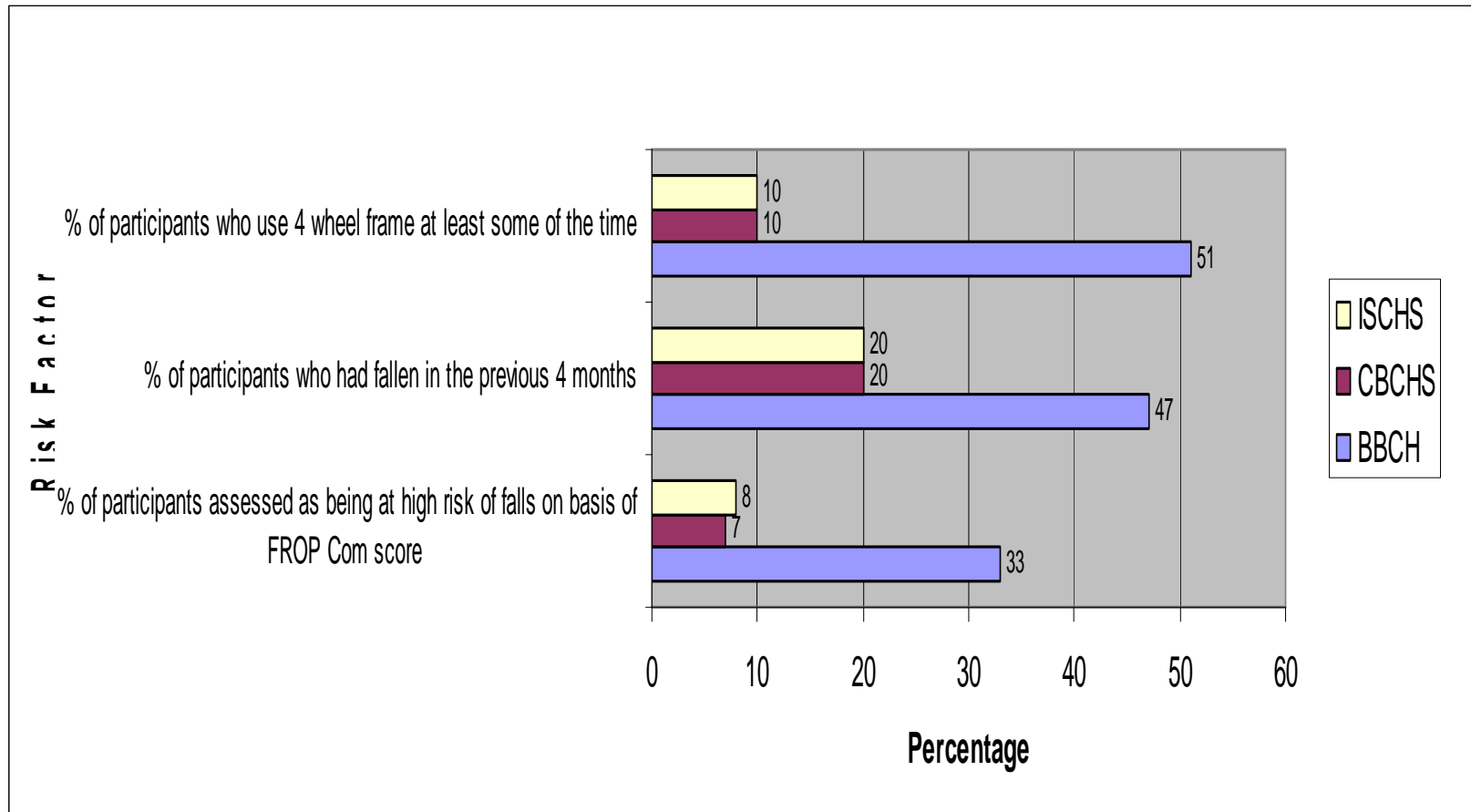
An example of a qualitative result



Step Test by CHS



Falls risk factors by CHS



Drop Outs by CHS

- Of the 225 planned participants, 214 were assessed for the program, and 34% dropped out with the mean no. of drop outs per group being 4.9

