





### APPENDIX THREE: FALLS PREVENTION RESOURCES & PROGRAMS

The following list is not exhaustive, but will provide an example of current related resources and/or programs in Queensland.

Organisation	Location	Resource/Program
Australian Academy of Tai Chi	Brisbane	Exercise classes for older persons.
Brisbane City Council	Brisbane	GOLD (Growing Older and Living Dangerously)
Department Families, Youth and Community Care: Seniors Interest Branch	Various locations	Older People's Action Program
Department of Housing	Various locations – Home Assist/Secure Program	'One Step Ahead' booklet. The Home Checklist Book.
Department Veterans Affairs	Various locations	Preventive Care Trial – Mediwise Home Front Program – home hazard assessment.
Division of General Practice	Ipswich and West Moreton	Falls and Older People Clinical Audit Program
Fitness Queensland	Various locations	Steady Steps Program
National Heart Foundation	Various locations	'Just Walk It' program
Osteoporosis Queensland	Various locations	Osteoporosis Self Management Course, Osteoporosis Falls Prevention Kit, video.
Pharmaceutical Society of Aust.	Various pharmacies	Pharmacy Self Care Program
Queensland Ambulance Service	Various locations	'Older and Wiser' program
Queensland Council of Carers	Brisbane	"How to Care Safely at Home" booklet. Video.
Queensland Health	Home and Community Care Resource Unit, Brisbane	Videos, literature
Queensland Health	Gold Coast Hospital, Occupational Therapy Unit	Falls Prevention Guide
Queensland Health	Various Community Health Centres	Falls Prevention Kit
Queensland Health	Wynnum	'One Step Ahead' Program
Queensland Health	Aspley Community Health Centre	Healthy Lifestyles Group, Gentle Exercise Group
Queensland Health	Community Health Centres	Home and Community Care Program
Queensland Health	Tropical Public Health Unit Network	'Stepping Out' Program
Queensland Health	Charleville District Healthy Ageing Program	'Don't Come a Cropper' video, poster, fridge magnet
Queensland Health	Various community groups	'60 and Better' Program
Queensland Keep Fit Association Inc	Brisbane	Gentle Exercise Instructors Course
Queensland Rail – safety division	Various train stations	Easy Access brochure.
Queensland Transport	Various locations	'Shaping Up' safety audit guidelines.
Queensland University of Technology	School of Human Movement Studies	Balance Assessment and Training Clinic
TEAM Care	Lutwyche, Brisbane	Co-ordinated Care Trial GP falls checklist 'Desktop Guide to Management of Falls'
University of Queensland	Dept of Physiotherapy	Falls and Balance Clinic - Motor Co-ordination Difficulties (MCD) Clinic

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## SOME USEFUL WEBSITES TO CHECK OUT

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<http://www.general.monash.edu.au/muarc/vscn/kit7.htm> – provides some examples of activities and interventions to help reduce the incidence of falls in the community.

<http://www.general.monash.edu.au/muarc/hazard/haz19.pdf> – Edition No. 19 of Hazard, featuring Injuries among Older People, produced by the Victorian Injury Surveillance System (VISS) group at Monash University Accident Research Centre. Although produced in 1994 the trends remain accurate.

<http://infowest.maribyrnong.vic.gov.au/fallsprevention/> - the new website of the Maribyrnong Falls Prevention Project. Contains a home safety checklist in the following community languages: Chinese, English, Greek, Italian, Spanish, Vietnamese - plus a sheet for reporting footpath hazards to the local council.

<http://www.qisu.qld.gov.au/bulletins/issue056.pdf> - provides Queensland data on falls in older persons and identifies risk factors / causes and discusses prevention.

<http://www.joannabriggs.edu.au/FALLS> – provides falls prevention research summaries/papers and identifies current falls and injury research and provides links to other falls prevention websites.

<http://www.health.gov.au/pubhlth/strateg/injury/falls/index.htm> – provides information to the National Falls for Older People Initiative 1999-2003 'Step Out with Confidence'.

<http://www.dhs.vic.gov.au/phd/0011087/index.htm> – evidence based health promotion resources for planning no.3 falls prevention.

[http://www.health.nsw.gov.au/public-health/health-promotion/improve/injuryprev/fallsprevention/falls\\_tips.htm](http://www.health.nsw.gov.au/public-health/health-promotion/improve/injuryprev/fallsprevention/falls_tips.htm) – provides information on falls prevention activity in New South Wales and access to best practice guidelines for preventing injuries from falls in older people.

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