



STAY ACTIVE, STAY INDEPENDENT

Stay On Your Feet

Community Action Plan 2003-2006



NORTH BURNETT DISTRICT COMMUNITIES

Falls Prevention
in Older People



Queensland
Government

"STAY ON YOUR FEET"
Central Public Health Unit Network - Wide Bay
(CPHUN-WB)
PO Box 724
HERVEY BAY
QLD 4655

Ph: (07) 41977252 Fax: (07)41977299

THE STAY ON YOUR FEET TEAM:

Darren Hauser (Project Manager)
Ph: (07) 41977277
Email: Darren_Hauser@health.qld.gov.au

Sue Jones (Project Officer)
Ph: (07) 41977265
Email: Sue_Jones@health.qld.gov.au

Sue Volker (Administration Officer)
Ph: (07) 41977252
Email: Sue_Volker@health.qld.gov.au

Stay On Your Feet is funded by Injury Prevention and Control (Australia) Ltd. Injury Prevention and Control (Australia) Ltd has received grants from the National Health and Medical Research Council and Queensland Health (Quality Improvement Enhancement Program and Health Promotion Queensland) to assist in this project.

STAY ON YOUR FEET COMMUNITY ACTION PLAN NORTH BURNETT DISTRICT COMMUNITIES



SECTION 1 : INTRODUCTION	Page 3	FOCUS AREA: PUBLIC SAFETY	Page 15
What is Stay On Your Feet all about? How was this Community Action Plan developed? What happens now?		1. Advocate for improved Public Safety 2. Develop and support local awareness-raising activities	
SECTION 2 : KEY STRATEGIES (confirmed by all Local Planning Groups)	Page 9	FOCUS AREA: HOME SAFETY	Page 16
		1. Promote and support Home Safety audits 2. Promote information on Home Safety assistance	
FOCUS AREA: AWARENESS AND INFORMATION	Page 9	FOCUS AREA: MEDICATIONS	Page 17
1. Coordinate, distribute and promote Awareness and Information resources 2. Train and support Stay On Your Feet Ambassadors 3. Develop and support local Awareness and Information training 4. Produce and distribute Stay On Your Feet community newsletter		1. Encourage review of Medications 2. Promote information on Medications use	
FOCUS AREA: PHYSICAL ACTIVITY	Page 12	FOCUS AREA: FOOTWEAR	Page 18
1. Encourage increased Physical Activity 2. Promote available opportunities for Physical Activity 3. Develop and support new Physical Activity opportunities		1. Promote education about safe footwear	
		FOCUS AREA: HEALTHY EATING	Page 19
		1. Promote education about healthy eating/ healthy bones	
		SECTION 3 : SPECIFIC COMMUNITY STRATEGIES	Page 21
		(specific actions identified by communities during the local planning process)	



SECTION I : INTRODUCTION

WHAT IS “STAY ON YOUR FEET” ALL ABOUT?



STAY ON YOUR FEET is a 5-year Injury Prevention project which aims to reduce the number of falls experienced by people over 60 years who live in the communities of the Wide Bay-Burnett. STAY ON YOUR FEET is a community-based program, coordinated by Central Public Health Unit Network - Wide Bay (CPHUN-WB, Queensland Health), working in conjunction with local communities, including Government, non-Government and community agencies and older people, to enhance and support existing strategies and help with the development of new strategies where needed.

It is estimated that one in three people over 60 years will fall this year. In the Wide Bay-Burnett, this means that **about 15,000 people** will fall this year. This figure will continue to increase unless we take action to slow the trend.

A fall can happen in an instant, affecting the person's independence and quality of life, and also affecting the community - consider the contributions of our over 60's!

However, falls are not an inevitable part of growing older. **Many falls can be prevented because they are caused by factors which can be improved.** These "risk factors" are the Focus Areas for STAY ON YOUR FEET and include:

- **Lack of awareness and knowledge** about falls and how to prevent them
 - Not enough **physical activity**
 - **Unsafe footwear**
 - Problems with **medications**
 - **Unsafe home environments**
 - **Unsafe public environments**
 - Problems with **vision**
 - **Insufficient daily calcium in a healthy diet**

The most successful community falls-prevention programs use a combination of strategies, involving many sectors of the community. Therefore, the first step has been to work with local communities to develop Community Action Plans which reflect local priorities, as well as reflecting what is known about falls from the research and from programs elsewhere.

HOW WAS THIS COMMUNITY ACTION PLAN DEVELOPED?

In early 2002, the SOYF team posted a Falls-Prevention Activity Stocktake Survey to 1200 individuals and organisations to identify levels of community involvement and interest in falls-prevention. As a result, 12 Local Planning Groups of interested people were formed. These groups were given the task and responsibility to develop STAY ON YOUR FEET Community Action Plans. Between August 2002 and June 2003, the SOYF team facilitated 46 meetings in 23 communities and saw the number of Local Planning Groups grow to 14.

A wide range of people took part in the local planning process. Local organisations which were represented included: older people's groups such as Sixty and Better, Senior Citizens, Pensioners and Superannuants League and National Seniors; Councils; health professionals from Queensland Health, community service agencies and private health professionals (including GPs, Community Health Nurses, Home Care staff, Physiotherapists, Occupational Therapists, Podiatrists and Dieticians), Home Assist Secure projects, community organisations such as Progress Associations, Lions Clubs, Qld Country Women's Association and many others. Regional organisations included: Home and Community Care Program (HACC), Aged Care Assessment Team, Health Service District representatives from Quality Improvement and Enhancement Program (QIEP), Wide Bay and Southern Queensland Rural Divisions of General Practice and Sport and Recreation Queensland.

All contributions were, and will continue to be, invaluable for the success of the STAY ON YOUR FEET project.

This STAY ON YOUR FEET Action Plan for North Burnett District Communities covers the North Burnett Health Service District area. The Local Planning Groups are from the Gayndah, Mundubbera, Biggenden, Eidsvold and Monto areas. Community Action Plans have also been developed with the communities in the South Burnett, Bundaberg and Fraser Coast Health Service District areas. Plans for all Health Service District areas feature both commonly-agreed and specific local strategies which aim to address identified priorities and issues.

This STAY ON YOUR FEET Community Action Plan features the Focus Areas (or “falls risk factors”) which were identified as highest priority by the Local Planning Groups. (*Focus Areas include Awareness and Information, Physical Activity, Public Safety, Home Safety, Medication, Footwear, Vision and Healthy Eating.*) Within each Focus Area you will find a brief introduction on how that Focus Area helps you to Stay On Your Feet, followed by Key Strategies which have been confirmed by all Local Planning Groups and therefore apply to all communities. The Plan then outlines Specific Community Strategies which were determined by specific Local Planning Groups.

WHAT HAPPENS NOW?

From now until early 2006, the SOYF team will continue to work with the communities of the Wide Bay-Burnett to implement the STAY ON YOUR FEET Community Action Plans. We have a shared aim to develop a sense of community ownership and maximise local skills and resources, so that the initiatives begun during Stay On Your Feet can be maintained. During 2006 we will analyse the information we collect, to establish the success of the program and its separate elements and to share the results of our work with communities across Queensland and in other parts of Australia.

All Wide Bay - Burnett Local Planning Groups agreed that two Focus Areas would receive the highest priority. These were:

- a range of **Awareness and Information** activities and resources
- a range of strategies to encourage, develop and promote opportunities for increased **Physical Activity**.

Therefore the initial focus of the SOYF team will be to support communities in putting these priorities into action - while also assisting with the implementation of other identified local strategies.

The role and responsibility of the SOYF Feet Team:

1. Coordinate and facilitate the development of the Community Action Plans. Produce and distribute the Plan booklets.
2. Provide ongoing support for local communities:
 - ✓ Phone access for enquiries.
 - ✓ "How-To" Community Action Fact Sheets to help community members (e.g. Spreading the Word, Obtaining Funding, Starting a Walking Group, Organising a Safety Audit) with useful contacts and information.
 - ✓ Awareness and Information talks and presentations in local communities as requested.
 - ✓ Regular phone calls to community contacts to collect data about local activities and give assistance where needed.
 - ✓ Facilitate regular (3-monthly) progress meetings in local communities.
 - ✓ Promote successes through press releases, stories / photos in Stay On Your Feet newsletter and other outlets.
 - ✓ Facilitate annual community meetings to review progress and set priorities for next year.
3. Produce and distribute regular (two-monthly) Stay On your Feet newsletter:
 - ✓ See Key Strategies: Awareness and Information section for details.
4. Produce and distribute awareness and information resources for the use of local communities. (These resources have been determined by consultation with Local Planning Groups.):
 - ✓ See Key Strategies: Awareness and Information section for details.
5. Provide training for Stay On Your Feet (SOYF) Ambassadors, community volunteers, community organisations and service agencies:
 - ✓ See Key Strategies: Awareness and Information section for details.

The role and responsibility of local Community Action Groups (formerly called Local Planning Groups):

1. Re-visit local initiatives in the STAY ON YOUR FEET Community Action Plan:
 - ✓ Check that those identified as "Action Leaders" are able to advance the initiatives. If no responsible person or agency is identified, the Community Action Group will need to decide how (and maybe, if) that initiative can be put into action this year.
 - ✓ If your community is not specifically identified in the Plan - of course you can still join in! Please contact us to find out how.
2. Monitor and review progress of the Plan on a regular basis:
 - ✓ Local Planning Groups - now called Stay On Your Feet Community Action Groups - will play a key role by meeting on a regular basis (in addition to the regular review meetings facilitated by the SOYF team, see above).
 - ✓ In some communities, SOYF Ambassadors will take an active role (see Key Strategies: Awareness and Information section for details).
3. Remember that you are not on your own!
 - ✓ The SOYF team can help you in many ways - and put you in touch with people elsewhere in the Wide Bay-Burnett who can assist you.
 - ✓ Our contact details are on the inside front cover of this Plan booklet.





SECTION 2 : KEY STRATEGIES

STAY ON YOUR FEET COMMUNITY ACTION PLAN NORTH BURNETT DISTRICT COMMUNITIES



FOCUS AREA: AWARENESS AND INFORMATION

"Staying On Your Feet" involves being aware of the risks of falling - and of the fact that falls are not an inevitable part of ageing.

It is estimated that one in three people over 60 years will experience a fall within the next 12 months. A fall can happen in an instant and have long-term results. However, many falls can be prevented. Several factors which cause falls can be changed.

To reduce the incidence of falls, it is important to promote information about the factors which cause falls and to increase the knowledge of preventative actions which can be taken by communities and individuals.

KEY STRATEGIES: AWARENESS AND INFORMATION (confirmed by all Local Planning Groups in this area)

Delivery and maintenance of the actions set out below will be the responsibility of the local Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay).

ACTIONS	ACTION LEADERS
I. COORDINATE, DISTRIBUTE AND PROMOTE AWARENESS AND INFORMATION RESOURCES	
➤ Prepare and distribute media releases and articles - for local newsletters and media	▪ SOYF team, SOYF Ambassadors, other local community contacts
➤ Prepare and distribute "How-To" Community Action sheets with ideas for distributing information	▪ SOYF team, SOYF Ambassadors, other local community contacts
➤ Print and distribute "One Step Ahead" booklet; (information can be copied and included in newsletters)	▪ SOYF team, SOYF Ambassadors, other local community contacts

➤ Prepare and distribute Fact Sheets on specific Stay On Your Feet focus areas e.g. Physical Activity, Home Safety, Public Safety, Footwear, Vision, Medications, Healthy Eating	▪ SOYF team, SOYF Ambassadors, other local community contacts
➤ Coordinate the use of Stay On Your Feet Display Boards at community events and locations. (Bookings coordinated by SOYF Ambassadors where available, or by request to SOYF team if no local Ambassador.)	▪ SOYF team, SOYF Ambassadors, other local community contacts
➤ Print and distribute Stay On Your Feet Calendars - (July 2003/ June 2004)	▪ SOYF team
➤ Collate and distribute other relevant resources e.g. checklists, leaflets, posters	▪ SOYF team
2. TRAIN AND SUPPORT STAY ON YOUR FEET AMBASSADORS	
<p>➤ Coordinate training and support of SOYF Ambassadors. SOYF Ambassadors are older people who will represent Stay On Your Feet in their local communities. Their role will include:</p> <ul style="list-style-type: none"> ▪ Presenting information and awareness sessions to seniors' groups, community meetings, schools etc ▪ Sharing experiences and skills with other older people ▪ Distributing and promoting SOYF information resources ▪ Keeping contact with local media to promote Stay On Your Feet ▪ Investigating local opportunities for Display Board and handling bookings ▪ Regular verbal reports to SOYF team about local activities ▪ Encouraging older people to increase their physical activity ▪ Supporting activities related to other Focus Areas as identified in Plan 	▪ SOYF team with other key organisations
3. DEVELOP AND SUPPORT LOCAL AWARENESS AND INFORMATION TRAINING	
➤ Present half-day Awareness and Information training for workers who provide in-home services to older people, including HACC and non-HACC services; (consistent with and complementary to other staff training programs)	▪ SOYF team with HACC falls-prevention training project

<p>➤ Conduct Awareness and Information training sessions for local community organisations and community volunteers as requested (including "train-the-trainer" workshops)</p>	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors
<p>4. PRODUCE AND DISTRIBUTE STAY ON YOUR FEET COMMUNITY NEWSLETTER</p>	
<p>➤ Produce and distribute the "Stay On Your Feet" community newsletter every two months</p>	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors, other community members to contribute to newsletter and help with local distribution



FOCUS AREA: PHYSICAL ACTIVITY

Regular physical activity which improves balance, strength and flexibility is one of the most effective ways to stay active and independent and "Stay On Your Feet". Regardless of age or physical ability, there is a level of physical activity to benefit any older person, improving general health as well as reducing the chance of falls.

Improved levels of physical activity need actioning at individual and community levels. It is "never too late" to start.

KEY STRATEGIES: PHYSICAL ACTIVITY (confirmed by all Local Planning Groups in this area)

Delivery and maintenance of the actions set out below will be the responsibility of the local Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay).

ACTIONS	ACTION LEADERS
I. ENCOURAGE INCREASED PHYSICAL ACTIVITY	
➤ Distribute guidelines and resources which encourage physical activity; (incidental as well as organised activity)	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors
➤ Collect stories from older people who have increased their physical activity and include in Stay On Your Feet media releases, newsletter articles etc	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors
➤ Produce and distribute "How-To" Community Action sheets on ways to encourage physical activity	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors and other local contacts
➤ Investigate opportunities to improve transport access to physical activity	<ul style="list-style-type: none"> ▪ SOYF team and local communities (explore options with Qld Transport, service agencies, community services)

2. PROMOTE AVAILABLE OPPORTUNITIES FOR PHYSICAL ACTIVITY	
<ul style="list-style-type: none"> ➤ Support local community strategies for promoting available physical activity; (variety of strategies identified by communities) e.g. ▪ Local directory/ lists/ posters of physical activity groups, classes, venues etc ▪ Come and Try Days at local clubs and facilities ▪ Local community slogan, local leaflet ▪ Promotion in local media, newsletters 	<ul style="list-style-type: none"> ▪ SOYF Ambassadors or other local contacts ▪ SOYF team ▪ Local community members
<ul style="list-style-type: none"> ➤ Produce and distribute "How-To" Community Action sheet on ways to promote available local physical activity 	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors or other local contacts
3. DEVELOP AND SUPPORT NEW PHYSICAL ACTIVITY OPPORTUNITIES	
<ul style="list-style-type: none"> ➤ Support coordination and implementation of Just Walk It groups 	<ul style="list-style-type: none"> ▪ SOYF team with Heart Foundation ▪ SOYF Ambassadors or other local contacts
<ul style="list-style-type: none"> ➤ Produce and distribute a "How-To" Community Action sheet on setting up a Just Walk It group 	<ul style="list-style-type: none"> ▪ SOYF team with Heart Foundation ▪ SOYF Ambassadors or other local contacts
<ul style="list-style-type: none"> ➤ Coordinate Gentle Exercise leaders training workshop for community volunteers and others 	<ul style="list-style-type: none"> ▪ SOYF team with qualified fitness professionals ▪ SOYF Ambassadors or other local contacts
<ul style="list-style-type: none"> ➤ Identify and distribute appropriate and safe resources for at-home gentle exercise 	<ul style="list-style-type: none"> ▪ SOYF team with fitness and health professionals ▪ SOYF Ambassadors or other local contacts
<ul style="list-style-type: none"> ➤ Support and promote extension of Steady Steps gentle exercise/falls-prevention project: <ul style="list-style-type: none"> ▪ Promote training opportunities for new trainers ▪ Support current Steady Steps trainers to provide outreach service 	<ul style="list-style-type: none"> ▪ SOYF team with Steady Steps project and local trainers ▪ SOYF Ambassadors or other local contacts
<ul style="list-style-type: none"> ➤ Support and promote extension of current gentle exercise groups to nearby towns 	<ul style="list-style-type: none"> ▪ SOYF team ▪ Local exercise leaders ▪ SOYF Ambassadors or other local contacts

<ul style="list-style-type: none"> ➤ Coordinate Tai Chi leaders training workshop for community volunteers and others (may be with Gentle Exercise leaders workshop) 	<ul style="list-style-type: none"> ▪ SOYF team with Tai Chi qualified trainers ▪ SOYF Ambassadors or other local contacts
<ul style="list-style-type: none"> ➤ Investigate and support opportunities for other physical activity, including Water Exercise, Seniors' Gym (resistance training), LifeBall, Sitting Dance, etc 	<ul style="list-style-type: none"> ▪ SOYF Ambassadors or other local contacts ▪ Local pool operators, local gyms ▪ SOYF team
<ul style="list-style-type: none"> ➤ Advocate for safer outdoor public environments that support participation in physical activity for older people <ul style="list-style-type: none"> ▪ Including the conduct of a Local Government and Healthy Ageing workshop for Wide Bay-Burnett 	<ul style="list-style-type: none"> ▪ SOYF Ambassadors and other local contacts ▪ SOYF team with Sport and Recreation Qld ▪ Local Councils ▪ Local Access Committees
<ul style="list-style-type: none"> ➤ Produce and distribute "How-To" Community Action sheet on establishing and maintaining new physical activity options, useful contacts etc 	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors and other local contacts



FOCUS AREA: PUBLIC SAFETY

Of the 25% of falls occurring in public places, most happen on footpaths, in shopping centres and on steps.

Actions to improve public safety include working with local Councils and businesses, as well as developing individuals' awareness of potentially hazardous areas.

KEY STRATEGIES: PUBLIC SAFETY (confirmed by all Local Planning Groups in this area)

Delivery and maintenance of the actions set out below will be the responsibility of the local Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay).

ACTIONS	ACTION LEADERS
I. ADVOCATE FOR IMPROVED PUBLIC SAFETY	
➤ Work with Councils, Chambers of Commerce, local shopping areas to improve safety and access (including to investigate forming local Access Committees if necessary)	<ul style="list-style-type: none"> ▪ SOYF Ambassadors and other local contacts ▪ Local Access Committees where possible ▪ SOYF team
➤ Encourage people to report hazards in public areas to the local Council	<ul style="list-style-type: none"> ▪ As above
2. DEVELOP AND SUPPORT LOCAL AWARENESS-RAISING ACTIVITIES	
➤ Support the conduct of "disability/safety walks" in local communities	<ul style="list-style-type: none"> ▪ SOYF Ambassadors or other local contacts ▪ Local Access Committees where possible, councils, community leaders, schools, local media ▪ SOYF team
➤ Support the conduct of public pedestrian access safety audits	<ul style="list-style-type: none"> ▪ As above
➤ Produce and distribute "How-To" Community Action sheet on disability safety walks and public pedestrian access safety (including contacts with people in other communities who have conducted similar activities)	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors and other local contacts

FOCUS AREA: HOME SAFETY

The majority of falls happen at home, mostly in living areas and the bedroom. There is a range of potential hazards in the home environment, both inside and outside the house, which can contribute to falls.

Home safety can be improved by individual older people, with help from community/service agencies, by learning to identify potential hazards and by conducting regular safety audits and follow-up maintenance.

KEY STRATEGIES: HOME SAFETY (confirmed by all Local Planning Groups in this area)

Delivery and maintenance of the actions set out below will be the responsibility of the local Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay).

ACTIONS	ACTION LEADERS
I. PROMOTE AND SUPPORT HOME SAFETY AUDITS	
<ul style="list-style-type: none"> ➤ Investigate home safety auditing opportunities for people not receiving HACC services or Home Assist Secure ➤ Investigate and distribute home safety audit resources or checklists which are effective, easy to use and consistent with existing home safety audits 	<ul style="list-style-type: none"> ▪ SOYF team with HACC falls-prevention training project, Home Assist Secure, Qld Health QIEP District representatives ▪ Local service agencies ▪ SOYF Ambassadors or other local contacts
2. PROMOTE INFORMATION ON HOME SAFETY ASSISTANCE	
<ul style="list-style-type: none"> ➤ Provide information on home safety and related support services available in local communities, as follow-up to home safety audits 	<ul style="list-style-type: none"> ▪ SOYF Ambassadors or other local contacts ▪ SOYF team ▪ In-home service providers

FOCUS AREA: MEDICATIONS

Each person responds slightly differently to medication. Medicines can have side-effects which increase the chance of falling. Regular reviews and information about medications can help to reduce their potential contribution to falls.

KEY STRATEGIES: MEDICATIONS (confirmed by all Local Planning Groups in this area)

Delivery and maintenance of the actions set out below will be the responsibility of the local Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay).

ACTIONS	ACTION LEADERS
I. ENCOURAGE REVIEW OF MEDICATIONS	
<ul style="list-style-type: none"> ➤ Support awareness and education activities, including: <ul style="list-style-type: none"> ▪ Encourage people to seek advice from their GP or Pharmacist for review of medications; (GP may advise Home Medicines Review) ▪ Investigate conduct of local "Pill Spill Week" 	<ul style="list-style-type: none"> ▪ SOYF Ambassadors and other local contacts ▪ Local GPs, Pharmacists, other health professionals, older people's groups, local media ▪ SOYF team with Wide Bay and Southern Qld Rural Divisions of General Practice (for Home Medicines Review promotion)
<ul style="list-style-type: none"> ➤ Produce and distribute "How-To" Community Action sheet about encouraging review of medications 	<ul style="list-style-type: none"> ▪ SOYF team ▪ SOYF Ambassadors and other local contacts
2. PROMOTE INFORMATION ON MEDICATIONS USE	
<ul style="list-style-type: none"> ➤ Collate and distribute information on medications and falls-risk 	<ul style="list-style-type: none"> ▪ SOYF team with Qld Health QIEP District reps ▪ SOYF Ambassadors or other local contacts

FOCUS AREA: FOOTWEAR

Unsafe or poorly-fitting footwear can contribute to falls. Many falls can be avoided if the person is wearing footwear which fits securely and supports the foot, with non-slip soles.

KEY STRATEGIES (confirmed by all Local Planning Groups in this area)

Delivery and maintenance of the actions set out below will be the responsibility of the local Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay)..

ACTIONS	ACTION LEADERS
I. PROMOTE EDUCATION ABOUT SAFE FOOTWEAR	
➤ Promote ongoing education about appropriate footwear	<ul style="list-style-type: none"> ▪ SOYF Ambassadors and other local contacts ▪ Local shoe sales outlets, pharmacists, podiatrists and other health professionals
➤ Investigate conducting community presentations about appropriate footwear	<ul style="list-style-type: none"> ▪ SOYF Ambassadors and other local contacts ▪ Bluecare podiatrist, North Burnett Health Service District physiotherapist

FOCUS AREA: HEALTHY EATING

Many people have osteoporosis (“brittle bones”) without realising. Adequate daily calcium as part of a healthy balanced diet, plus adequate weight-bearing exercise, contribute to strong bones.

KEY STRATEGIES (confirmed by all Local Planning Groups in this area)

Delivery and maintenance of the actions set out below will be the responsibility of the local Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay).

ACTION	ACTION LEADERS
I. PROMOTE EDUCATION ABOUT HEALTHY EATING / HEALTHY BONES	
➤ Educate local communities and school children on the importance of a healthy and calcium rich diet through health weeks, displays, presentations	<ul style="list-style-type: none">▪ SOYF Ambassadors and other local contacts▪ SOYF Community Action Groups▪ Dieticians, SOYF team (Nutritionist)▪ Local service providers
➤ Investigate conducting osteoporosis workshops	<ul style="list-style-type: none">▪ As above





SECTION 3 : SPECIFIC COMMUNITY STRATEGIES

NORTH BURNETT DISTRICT COMMUNITIES: SPECIFIC COMMUNITY STRATEGIES

The communities below identified the following specific actions during the local planning process.

Delivery and maintenance of the actions set out below will be the responsibility of the local SOYF Community Action Groups, in conjunction with the SOYF team (Central Public Health Unit Network - Wide Bay).

AWARENESS AND INFORMATION			
KEY ACTION AREA	COMMUNITY	ACTION	ACTION LEADERS
COORDINATE, DISTRIBUTE AND PROMOTE AWARENESS AND INFORMATION RESOURCES	Biggenden Gayndah	Invite local media (newspapers and radio) to attend Stay On Your Feet community meetings, displays, presentations etc	Lyn Heaton , Barbara Nelson (Biggenden); Rita McLaughlin, Naomi Battiato (Gayndah) SOYF Ambassadors
	Biggenden Gayndah	Distribute One Step Ahead information to HACC newsletters and Council newsletters	Barbara Graham, SOYF Ambassadors
	Eidsvold	Distribute and promote One Step Ahead info through local media (newspapers, radio, TV) and school newsletters	SOYF Ambassadors
	Eidsvold	Promote the use of Stay On Your Feet display board throughout Shire, Seniors Week, health weeks etc	SOYF Ambassadors
	Eidsvold	Involve, educate and encourage schools about falls-prevention and healthy lifestyle issues	SOYF Ambassadors

DEVELOP AND SUPPORT LOCAL AWARENESS AND INFORMATION TRAINING	Monto	Conduct training days for service providers	SOYF team, SOYF Ambassadors
PHYSICAL ACTIVITY			
ENCOURAGE INCREASED PHYSICAL ACTIVITY	Biggenden Gayndah Mundubbera	Promote/ encourage physical activity through GP waiting rooms, GP advice	SOYF Ambassadors, local GPs, Wide Bay Division of GPs
PROMOTE AVAILABLE OPPORTUNITIES FOR PHYSICAL ACTIVITY	Eidsvold	Promote local physical activities e.g. water aerobics through the Eidsvold Bulletin	Eidsvold Shire Council, SOYF Ambassadors
	Monto	Promote physical activity available in public places and at-home (e.g. line dancing, indoor bowls, jiving, exercises)	SOYF Ambassadors
DEVELOP AND SUPPORT NEW PHYSICAL ACTIVITY OPPORTUNITIES	Biggenden Gayndah Mundubbera Eidsvold Monto	Investigate establishing Just Walk It groups	SOYF team with Heart Foundation, SOYF Ambassadors and other local contacts
	Biggenden	Investigate local interest in starting Tai Chi group	SOYF Community Action Group
	Eidsvold	Investigate funding for access hoist for local pool	Eidsvold Shire Council
	Eidsvold	Investigate and promote physical activity/ tourism opportunities - Abercorn, Wuruma Dam	Eidsvold Shire Council

	Eidsvold	Develop and promote "Healthy Walkways" (multi-staged)	Eidsvold Shire Council, SOYF team
	Eidsvold	Investigate TAFE, Fitlink training opportunities for exercise leaders and possible subsidies	SOYF team, SOYF Community Action Group
	Monto	Investigate establishing walking network and seeking funding	Monto Shire Council, SOYF team
PUBLIC SAFETY			
ADVOCATE FOR IMPROVED PUBLIC SAFETY	Monto	Investigate improved lighting in Hospital carpark	Monto Hospital
DEVELOP AND SUPPORT LOCAL AWARENESS-RAISING ACTIVITIES	Eidsvold	Conduct annual inspection of paths and public facilities	Eidsvold Shire Council, Qld Ambulance
	Biggenden Gayndah Eidsvold	Investigate holding Public Safety Audits	Local Councils, Community Health Services, SOYF Ambassadors
	Monto	Investigate conducting education program for shop owners, Council members and older people on public safety	SOYF Ambassadors, SOYF Community Action Groups

HOME SAFETY			
PROMOTE AND SUPPORT HOME SAFETY AUDITS	Eidsvold	Continue service providers' safety auditing and advice; continue referral pathway	Local service providers
PROMOTE INFORMATION ON HOME SAFETY ASSISTANCE	Monto	Continue education and safety auditing for people living in isolation in outlying areas Investigate followup support for people in outlying areas	Bluecare
MEDICATION			
ENCOURAGE REVIEW OF MEDICATIONS	Biggenden Eidsvold Monto	Investigate conducting local "Pill Spill" weeks	Lyn Heaton, Heather Firling, Bluecare Biggenden
		Continue promoting Home Medicines Review program	Wide Bay Division of GPs
	Eidsvold	Support ongoing medication reviews by GPs and Pharmacists	SOYF Community Action Group, GPs, Pharmacists
PROMOTE INFORMATION ON MEDICATIONS USE	Eidsvold	Promote and support Medi-Alert use	SOYF Ambassador, local service providers

FOOTWEAR			
PROMOTE EDUCATION ABOUT SAFE FOOTWEAR	Eidsvold Monto	Promote and support ongoing education about safe footwear for older people	SOYF Ambassador, shoe sales outlets
	Eidsvold Monto Biggenden Gayndah Mundubbera	Investigate conducting a community presentation promoting appropriate footwear	Bluecare podiatrist, North Burnett Health Service District physiotherapist, SOYF Ambassadors and other local contacts
	Monto	Investigate using testimonies from local older people who have had bad experiences with footwear	SOYF Ambassadors, local service providers
VISION			
EDUCATION AND INFORMATION	Monto	Continue education on vision issues e.g. pulling curtains open, clean glasses, replacing light switches	SOYF Ambassador, SOYF Community Action Group
HEALTHY EATING / HEALTHY BONES			
PROMOTE EDUCATION ABOUT HEALTHY EATING / HEALTHY BONES	Biggenden Gayndah Mundubbera	Investigate the need for an Osteoporosis workshop	North Burnett Community Health Services
	Eidsvold Monto	Educate local communities and schools on the importance of a healthy and calcium-rich diet through Health Weeks, displays, presentations	SOYF Ambassadors, SOYF team (Nutritionist), Dieticians, local service providers



Please note that this document was created at the initial stages of the Stay On Your Feet Project. The details below have been updated to reflect changes that have occurred during the life of this Project.

"STAY ON YOUR FEET"
Central Area Population Health Unit - Wide Bay
(CAPHU-WB)
PO Box 724
HERVEY BAY
QLD 4655
Ph: (07) 41 206000 Fax: (07) 41206009

THE STAY ON YOUR FEET TEAM:

Darren Hauser (Project Manager)
Ph: (07) 4120 6019
Email: Darren_Hauser@health.qld.gov.au

Sue Jones (Project Officer)
Ph: (07) 4120 6010
Email: Sue_Jones@health.qld.gov.au

Susan Atkinson (Administration Officer)
Ph: (07) 4120 6011
Email: Susan_Atkinson@health.qld.gov.au

Stay On Your Feet is funded by Injury Prevention and Control (Australia) Ltd. Injury Prevention and Control (Australia) Ltd has received grants from the National Health and Medical Research Council and Queensland Health (Quality Improvement Enhancement Program and Health Promotion Queensland) to assist in this project.