## Stay On Your Feet®

## Ordering Queensland Stay on Your Feet® falls prevention resources for external stakeholders



If you are external to Queensland Health, you can still order the Stay On Your Feet® resources via the WINC website though you will need to access these via the special link and login details below:

Login URL

https://www.winc.com.au/

## How to order:

1. Go to website: <a href="https://www.winc.com.au/">https://www.winc.com.au/</a>

2. Go to Sign in and enter Login Details:

Username or email: 1og-statewide

Password: Statewide (Capital S is a must when entering Password)

- Shop by Browse Categories > Printing and the kind of item you are after, or search by product code or SW number.
- 4. Enter quantity, add to cart
- 5. Click on cart icon to view cart
- 6. Continue to Checkout
- 7. Enter Contact Information Name, Email and Phone Number
- 8. Click on "One Time Address" and enter your business address or if that doesn't work, click on "Enter Address in Manually"
- 9. Enter any delivery instructions if needed
- 10. Continue to Payment
- 11. Enter credit card details select Pay Now
- 12. Order completed
- 13. Confirmation will be emailed to your email address

## For more information on ordering these resources or falls prevention contact:

Patient Safety and Quality Improvement Service

Clinical Excellence Queensland

Queensland Health

E: stayonyourfeet@health.qld.gov.au



How to Stay On Your Feet® Checklist (long)

WINC Code: 1NY31176

**Description:** 

This comprehensive checklist covers a range of factors that may put older people at risk of a fall including wellbeing, nutrition, physical activity, health conditions, footwear and hazards in and around the home. Potential solutions for overcoming any issues identified are provided. It is recommended that older people complete this checklist with a health professional.



Stay On Your Feet® Checklist (short)

WINC Code: 1NY31387 (Sw555)

**Description:** 

This short checklist helps older people quickly identify issues that may put them at risk of a fall. After completing the checklist, seniors can discuss any concerns with a health professional.



Ageing with vitality: Your everyday guide to healthy active living

WINC Code: 1NY33706

**Description:** 

Ageing with vitality is a bundle (guide and workbook). The guide is full of tips, real-life stories and sample exercises to make being healthy and active fun. It suggests everyday activities and exercises for strength, balance, flexibility and endurance that people can do at home with simple-by-step instructions and photographs.

The workbook is used in conjunction with the guide. The workbook is used to plan and record progress as people increase their levels of physical activity and improve their fitness.



**BESAFE Patient brochure** 

WINC Code: 1NY31867 (SW556)

Description:

This brochure will advise patients How to Stay On Your Feet® in hospital, reduce the risk of a fall and prepare for going home.



Falls magnets (large)

**WINC Code:** 1NY31923 (SW558)

**Description:** 

Large falls risk magnets (size: 14cm x 14cm).



Falls magnets (small)

WINC Code: 1NY31870 (SW561)

**Description:** 

Small falls risk magnets (size: 8cm x 8cm).



Stay On Your Feet® Falls Prevention Post Fall Clinical Pathway lanyard

**WINC code:** 1NY36381 (SW983)

**Description:** 

The Stay On Your Feet® Falls Prevention Post Fall Clinical Pathway lanyard is a summary of the key observations and actions for clinicians to take after a patient has had an unwitnessed or witnessed fall.



Preventing Falls & Harm Older people Best Practice Guidelines

WINC code: 1NY31939

**Description:** 

The guidelines are written by the Australian Commission on Safety and Quality in Healthcare to promote patient-centred independence and rehabilitation.



Prevention of Falls & Harm Guidebook Australian Hospitals Older

People WINC code: 1NY31903

**Description:** 

The guidelines are written by the Australian Commission on Safety and Quality in Healthcare to promote patient-centred independence and rehabilitation.



Prevention of Falls & Harm Guidebook Australian Residents Older People WINC Code: 1NY31897

**Description:** 

The guidelines are written by the Australian Commission on Safety and Quality in Healthcare to promote patient-centred independence and rehabilitation.

