



NSLHD Population Health Promotion Healthy Ageing Portfolio: Falls Prevention and Healthy Aging

Updates Feb 2024

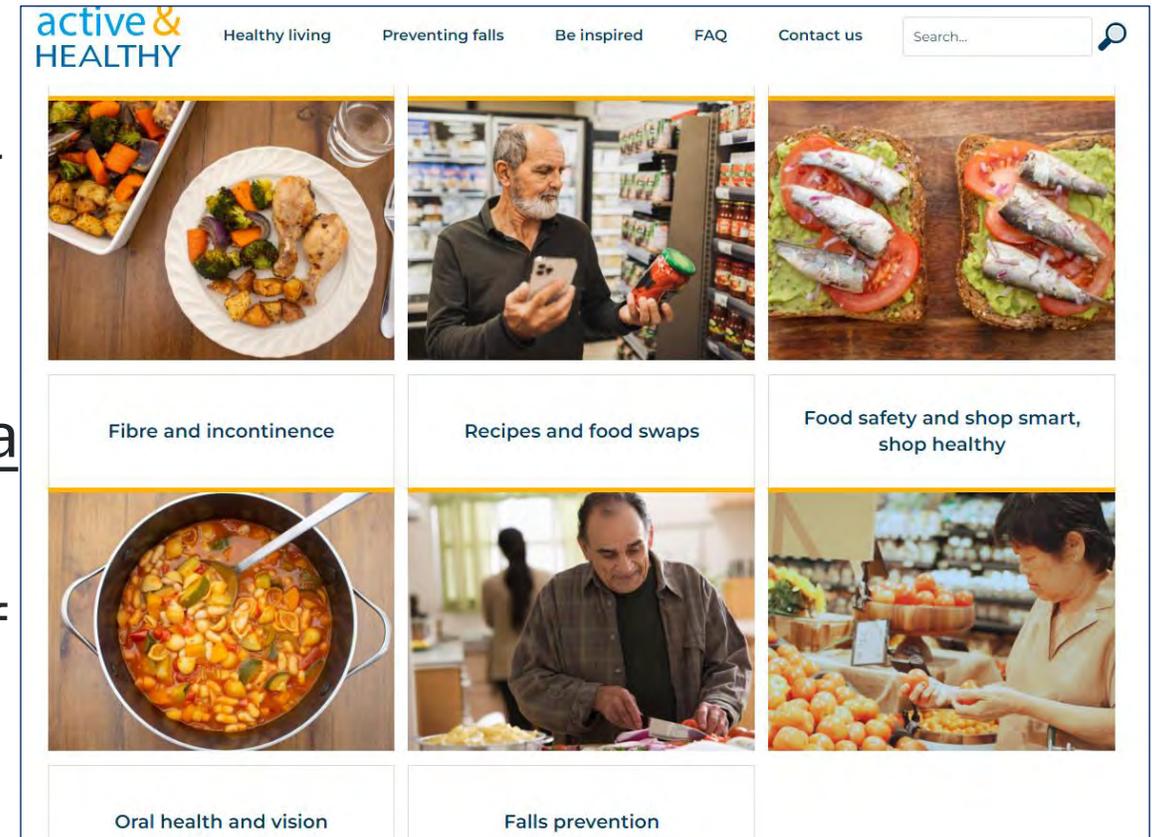
Change in funding for older adults for Health Promotion Jan 2024- June 2025



- NSLHD now funded via the NSW Centre for Population Health to implement evidence-based healthy ageing initiatives and/or services that provide equitable access to prevention activities.
- Initiatives/service are focusing on increasing physical activity, (including strength, flexibility, and balance) and healthy eating
- NSLHS is targeting adults aged 65 years and over and focusing on reaching priority population groups including
 - Aboriginal people (50 years and over)
 - People from culturally and linguistically diverse (CALD) backgrounds
 - People from disadvantaged socio-economic areas
 - People living in remoter areas of our LHD

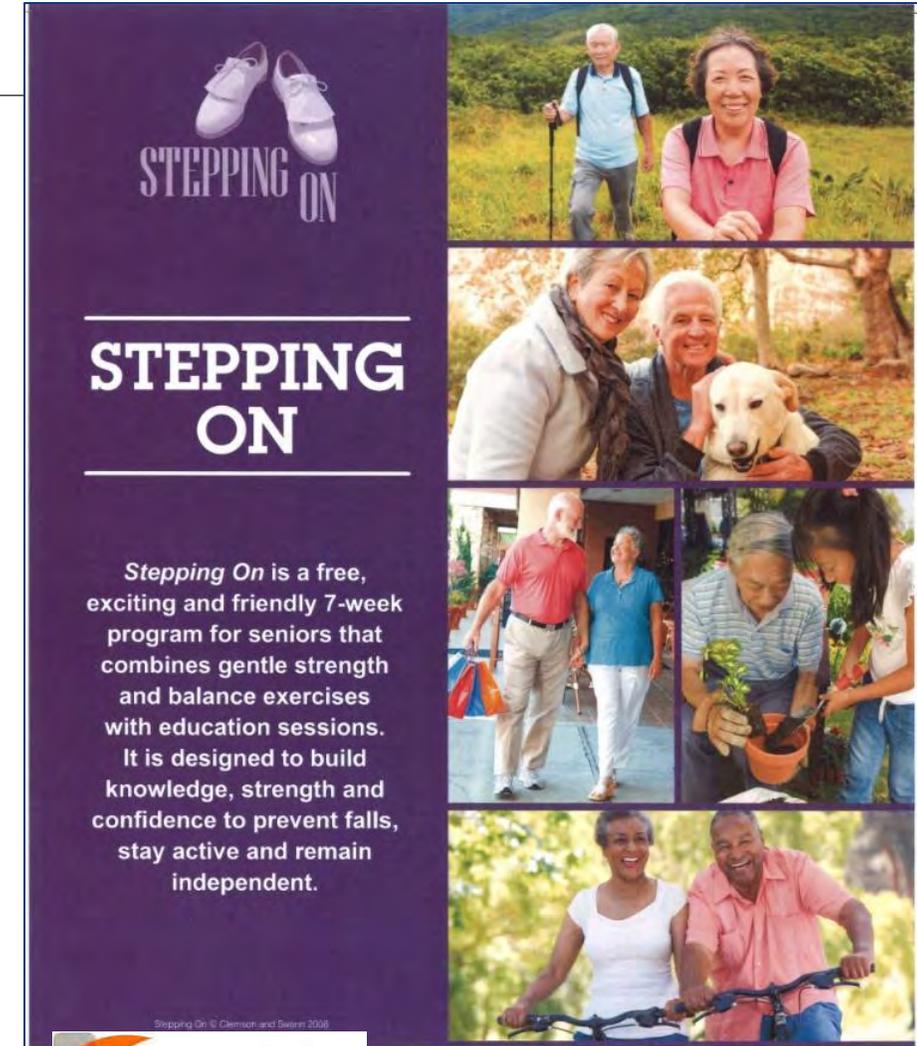
What has changed for NSLHD?

- Healthy and Active for Life Online has ceased in NSLHD/NSW
- From January 2024, all NSW older adults can access the FREE educational content and home exercises provided in HAL Online on the Active & Healthy website – Healthy Aging Online learning.
- <https://www.activeandhealthy.nsw.gov.au/active-living/healthy-ageing-online-learning/>
- Learners can go at their own pace and if need support can call the **Get Healthy Service** for phone coach support.
- <https://www.gethealthynsw.com.au/>
- **1300 806 258**



Stepping On

- NSLHD will be continuing with Stepping On, and is prioritising Social Housing residents, CALD, Aboriginal and remoter areas of NSLHD
- Currently negotiating linkages with various Social Housing providers to run Stepping On English, Cantonese and Mandarin in Social Housing Complexes - to start term 2 and beyond 2024.
- Preparing April Falls Month packages on information re Healthy Aging and Falls Prevention to Social Housing Hubs.
- Liaison with NSLHD Aboriginal Health re initiatives such as Stepping On or *Ironbark Project* for Falls Prevention/Healthy Aging.
- Attending Aboriginal Health open and info days re Healthy Aging information.
- Stepping On continuing with SNHN project for 4 additional Northern Sydney Local Health District
- Stepping On continuing with SNHN project for 4 additional SO groups/term until end Dec 2024.



The flyer features a purple background with white text and several photographs of seniors. At the top left, a pair of white sneakers is shown above the text 'STEPPING ON'. Below this, the title 'STEPPING ON' is written in large, bold, white letters. The main text describes the program as a free, 7-week exercise and education program for seniors. The bottom right corner of the flyer includes the text 'Stepping On © Clemons and Deane 2008'.

STEPPING ON

STEPPING ON

Stepping On is a free, exciting and friendly 7-week program for seniors that combines gentle strength and balance exercises with education sessions. It is designed to build knowledge, strength and confidence to prevent falls, stay active and remain independent.

Stepping On © Clemons and Deane 2008

Healthy Lifestyle Program

- No change.
- Community-based group exercise classes for older adults.
- Term basis, \$120 term fee.
- Continue SNHN Project Tone and Balance classes to cater for frailer older adults Referrals for 2 x free terms of classes from SO and local out-patient hospital falls programs (HKH, MV, Ryde, RNS)
- Ends Dec 2024
- www.nshealthpromotion.com.au



Northern Sydney Local Health District

Healthy Lifestyle
Term 2, 2023 | April – July

get fit • feel good • have fun

www.nslhd.health.nsw.gov.au/healthpromotion
nslhd-healthy lifestyle@health.nsw.gov.au
9926 55 55



Healthy Aging On-line Learning - free

Healthy plate and serving sizes



Sugar, salt and fat and label reading



Calcium and vitamin D



Oral health and vision



Falls prevention



<https://www.activeandhealthy.nsw.gov.au/active-living/healthy-ageing-online-learning/>

Fibre and incontinence



Recipes and food swaps



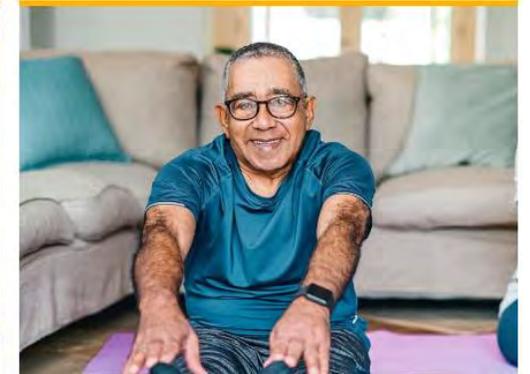
Food safety and shop smart, shop healthy



Exercise circuit 1



Exercise circuit 2



Falls Prevention

- *CEC White Paper* re Falls Prevention, is currently with the NSW Health Minister.
- Will guide initiatives for community service provision and wholistic approach from hospital admissions/discharges.
- NSLHD Nursing and Midwifery Falls Forum 2023 and March 2024 to facilitate more consistent Falls Prevention initiatives in acute and sub-acute facilities.
- CEC Older Persons Safety program has been invited to work with LHD via Nursing and Midwifery and Clinical Governance on Quality projects in relation to Comprehensive Care initiatives inclusive of Falls, Cognition, Pressure, Nutrition etc.
- JMO Education for all JMO NSLHD networks March and July 2024.
- Continued liaison with NBs hospital re Falls Prevention.
- Update 2024: Best Practice Guidelines Hospitals, Community, and Residential Care:

APRIL FALLS DAY

APRIL FALLS MONTH



Better 'Balance' for Falls Prevention

April Falls Day© 2024 is Tues 2nd April.

Displays at many facilities and sectors over this week and continuing over April Falls Month

Theme to link in with *CEC White Paper* re Falls Prevention in the Community.

Falls Prevention[®]
is *everyone's* business



Contacts



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Stepping On

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