

Spring into Action

Being active can reduce falls risk

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Spring into Action

across northern Sydney this September!



Spring is a great time to encourage everyone, particularly older adults, to get active and take action to prevent a fall. The warmer weather and longer days make it easier to get outside and move around.

Did you know the [Sydney North Health Network](#) has a number of [Health Pathways](#) to help clinicians find falls prevention services for your patients, carers and clients?

This week:

- Check out the Health Pathways we think are most useful to help with falls prevention.
 - [Falls Prevention Review](#)
 - [Older Persons Health Requests](#)
 - [Physiotherapy Requests](#)
 - [Occupational Therapy for Adults and Older Adults](#)
 - [Allied Health and Nursing](#)
 - [Physical Activity Support - Older Persons](#)
 - [Summary of Request Pages](#)
- Use the following details to log into Health Pathways
 - **Username:** healthpathwaysNSLHD
 - **Password:** gateway

NSLHD Population Health Promotion & NSLHD Fall Prevention Committees would love to hear about any activities you do to help reduce falls risk in September, so let us know and send photos! Let's see a field of joyful 'sunflowers' across services

Spring Into Action Update: Week starting 18 September 2023

and use yellow (or Falls Prevention orange) as your colour of choice for any activities.

For information & resources visit:

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