Stay On Your Feet

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SOYF promotes healthy active, positive ageing and reduces the risk of injury due to falls

Three year NSW Health funded injury prevention project. Completion April 2010

Target group is those aged 50+ who live independently in the community in the Gosford LGA

By reducing the risk it will enable people to stay mobile and live independently in the community

Stay On Your Feet has been working towards:

- Increasing the proportion of older people who take appropriate action to reduce their risk of a fall related injury
- Improving availability of physical activity programs that are appropriate for older people
- Encouraging Health Professionals to recommend appropriate falls injury prevention activities to their clientele

Risk Factors

- Home Safety  Nov - Jan 08
- Vision   Feb - April 08
- Medication June - August 08
- Footwear, Gait & Balance  Sept - Nov 08
- Public Safety  Feb - April 09
- Chronic Illness  June - July 09
- Physical activity  throughout project

Partnerships

- Home Safety - Hardware shops
- Vision - Optometrists
- Medication - Pharmacies
- Gait, Balance and Footwear - Podiatrist
- Public Safety - Bus companies and Gosford City Council
- Chronic Illness
**Physical Activity**
- Tai Chi evidence increases muscle strength, flexibility and balance
- 24 Tai Chi classes across Gosford LGA day, evening and weekends. Beginners & intermediate
- Over 200 people attending weekly
- Social get together
- Stay Active Directory

**Health Professionals**
- GP referrals 26 GP’s referring 180 patients into Active Over 50 program
- Bone densitometry technicians 70 packs weekly
- Community Nursing
- Allied Health eg, S2, Podiatry, Pharmacy, ASET, APAC, ACAT, ALERT

**Other partners**
- NSW Fire Brigade
- Gosford HACC services
- Gosford City Council
- Private health insurance providers
- Seniors organisations
- Meals on Wheels
- Ambulance Service

**How to be involved**
- Community mailing list
- Network organisation
- Resource dissemination organisation

www.healthpromotion.com.au