

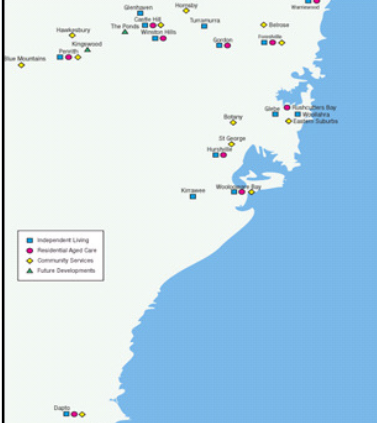

## Implementing Evidence Based Research using Partnerships to Reduce Falls in Older Australians

### Anglican Retirement Villages



Better Balance is proudly sponsored by the Foundation For Aged Care

## Anglican Retirement Villages Locations

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## Launch Photos 2008




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### 2007-2008

- Funding approved for the Better Balance Program for 2 years
- The BBC comprises a Fulltime Physiotherapist and part time OT.
- Program – continuum of Care

### Sept 2010

- BBC employs another fulltime physiotherapist




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## Referrals to the Better Balance Program

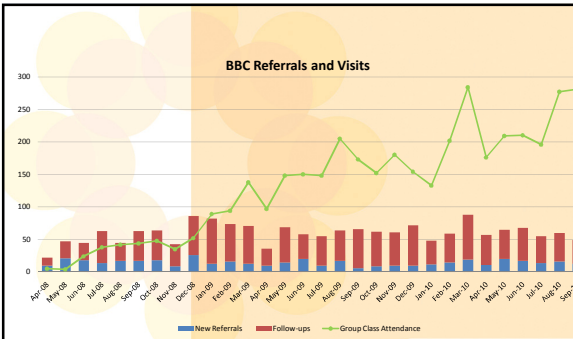
436 new referrals to September 2010

- 22 RACF Clients
- 311 ILU Clients
- 103 External Clients




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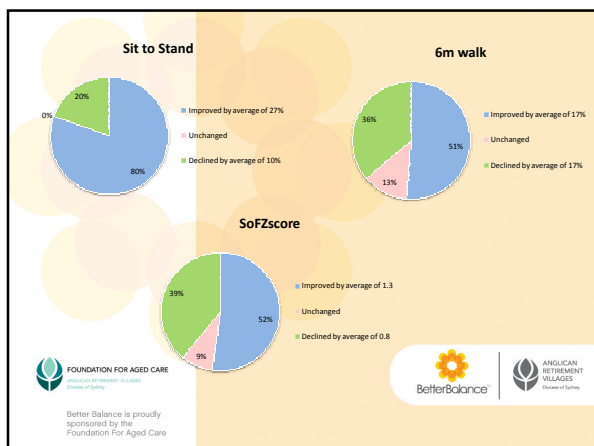
## BBC Referrals and Visits



Month	New Referrals	Follow-ups	Group Class Attendance
Apr-08	20	10	10
May-08	25	15	15
Jun-08	30	20	20
Jul-08	35	25	25
Aug-08	40	30	30
Sep-08	45	35	35
Oct-08	50	40	40
Nov-08	55	45	45
Dec-08	60	50	50
Jan-09	65	55	55
Feb-09	70	60	60
Mar-09	75	65	65
Apr-09	80	70	70
May-09	85	75	75
Jun-09	90	80	80
Jul-09	95	85	85
Aug-09	100	90	90
Sep-09	105	95	95
Oct-09	110	100	100
Nov-09	115	105	105
Dec-09	120	110	110
Jan-10	125	115	115
Feb-10	130	120	120
Mar-10	135	125	125
Apr-10	140	130	130
May-10	145	135	135
Jun-10	150	140	140
Jul-10	155	145	145
Aug-10	160	150	150
Sep-10	165	155	155



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ANGELICAN RETIREMENT VILLAGES  
SYDNEY WEST AREA HEALTH SERVICE | NSW HEALTH

## The "Challenge": social marketing for Falls Prevention

**Fit & Strong  
65 & Beyond  
Challenge**

**BetterBalance™**  
Be balanced, be active, be well

## ARV:

Registered Challengers: **820**  
Full completion: **542** (that's 66%!)  
Partial completion: **187**  
Didn't complete: **97**

More participants interested in the Better Balance Program and assessment Walking groups at various locations

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## The Better Balance Challenge

**balanced fit & strong**

- be active**  
For 30 minutes or more each day
- be strong**  
Do some strength and balance exercises
- be healthy**  
Eat more dairy – three or more serves per day
- be well**  
Spend more time in the sun – to supply the body with vitamin D

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## Stepping On

The Partnership with NSW Health- NSCCAHS- and ARV

**Building Confidence and Reducing Falls**  
A community-based program for older people

Lindy Clemson & Megan Swann

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## Elizabeth Lodge Low care program- 17 participants

**Timed Up and Go**

- 1 resident died
- 3 failed to attend the final assessment
- 2 increased their time
- 11 decreased their time

**6 minute walk test**

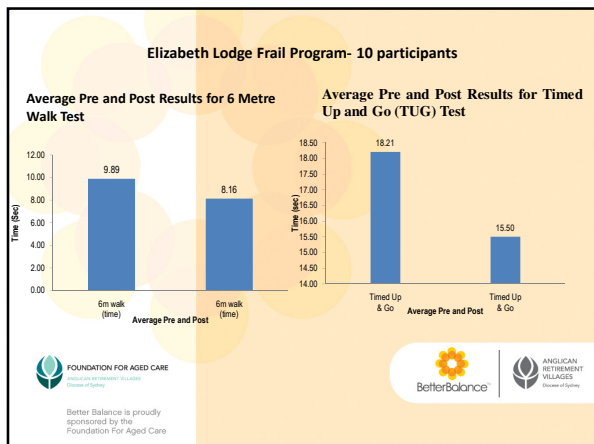
**Time taken**

- 1 resident died
- 2 failed to attend final assessment
- 3 increased their time
- 11 decreased their time

**No of Steps taken**

- 1 resident died
- 2 failed to attend final assessment
- 1 increased the number of steps taken
- 13 decreased the number of steps taken

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### Future plans for 2011

- Continuing these partnerships
- To offer support for Government initiatives
- To give our residents, community and external clients up to date falls prevention advice

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Diocese of Sydney

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