

Stay On Your Feet® falls prevention program: case study reviews

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Background:

Injury Matters, in partnership with the Department of Health Western Australia (WA), provides the Stay On Your Feet® program to reduce falls and falls-related injuries among older people living in the WA community. Program evaluation measuring changes in falls prevention awareness, knowledge, attitudes and behaviours, has been conducted to demonstrate the impact of the Stay On Your Feet® program. However, these structured evaluation measures can fail to demonstrate the real world impact of Stay On Your Feet®. The aim of this evaluation was to capture the personal and contextual impact that Stay On Your Feet® has on community members and health professionals that engaged with the program.

Activity:

In 2018, the Collaboration for Evidence, Research and Impact in Public Health at Curtin University conducted one-on-one semi-structured interviews with community members and health professionals, developing six written case studies. The objectives of this process were to understand participant motivation to engage with Stay On Your Feet® and how they would use the information moving forward.

Conclusion:

Community members stated that they experienced a range of physical, social, emotional and cognitive benefits from participating in Stay On Your Feet® activities and an increased motivation to prevent future falls. Health professionals reported that Stay On Your Feet® activities had positively influenced their clients' physical and emotional health, particularly in improving balance, posture, mobility, self-confidence and decreasing social isolation. The case studies provide real world examples of the benefits older adults experience from engaging in Stay On Your Feet® falls prevention activities.