

Stay On Your Feet[®] adaptation for Culturally and Linguistically Diverse older adults

Presenter (Authors): Rachel Meade, Chloe Macri, Catrina Wold
Affiliation: Injury Matters, Perth, Western Australia

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Background

Western Australia (WA) has a diverse community with 32.2% of the population born overseas. People born outside of Australia may be less likely to engage with falls prevention activities due to cultural and socio-environmental factors. It is essential for Injury Matters to ensure that the Stay On Your Feet[®] program is inclusive of Culturally and Linguistically Diverse (CaLD) people who may be at risk of having a fall. The aim was to ensure accessibility of information and resources for inclusivity of CaLD communities in WA.

Activity

Adapting the Stay On Your Feet[®] program to benefit CaLD communities involved developing relationships and working with community organisations, Local Governments and Government agencies to identify the main barriers and enablers in adapting the program for cultural appropriateness. Following consultation, the following adaptations were made to the Stay On Your Feet[®] program: creation of resources in multiple languages; adaptation of language in community presentations; coordination of promotions to CaLD groups; cultural awareness training to peer educators; adaptation of evaluation forms; and collaboration with CaLD communities on the grants program.

Conclusion

Injury Matters has focussed attention on improving the appropriateness of information and resources for CaLD communities. In this time, Injury Matters increased engagement with multicultural community groups, delivering 28 community presentations and reaching 755 individual participants. Key learnings from this process include the importance of increasing accessibility of information through a variety of languages and maintaining close relationships with existing CaLD services to identify effective pathways for accessing falls prevention information.