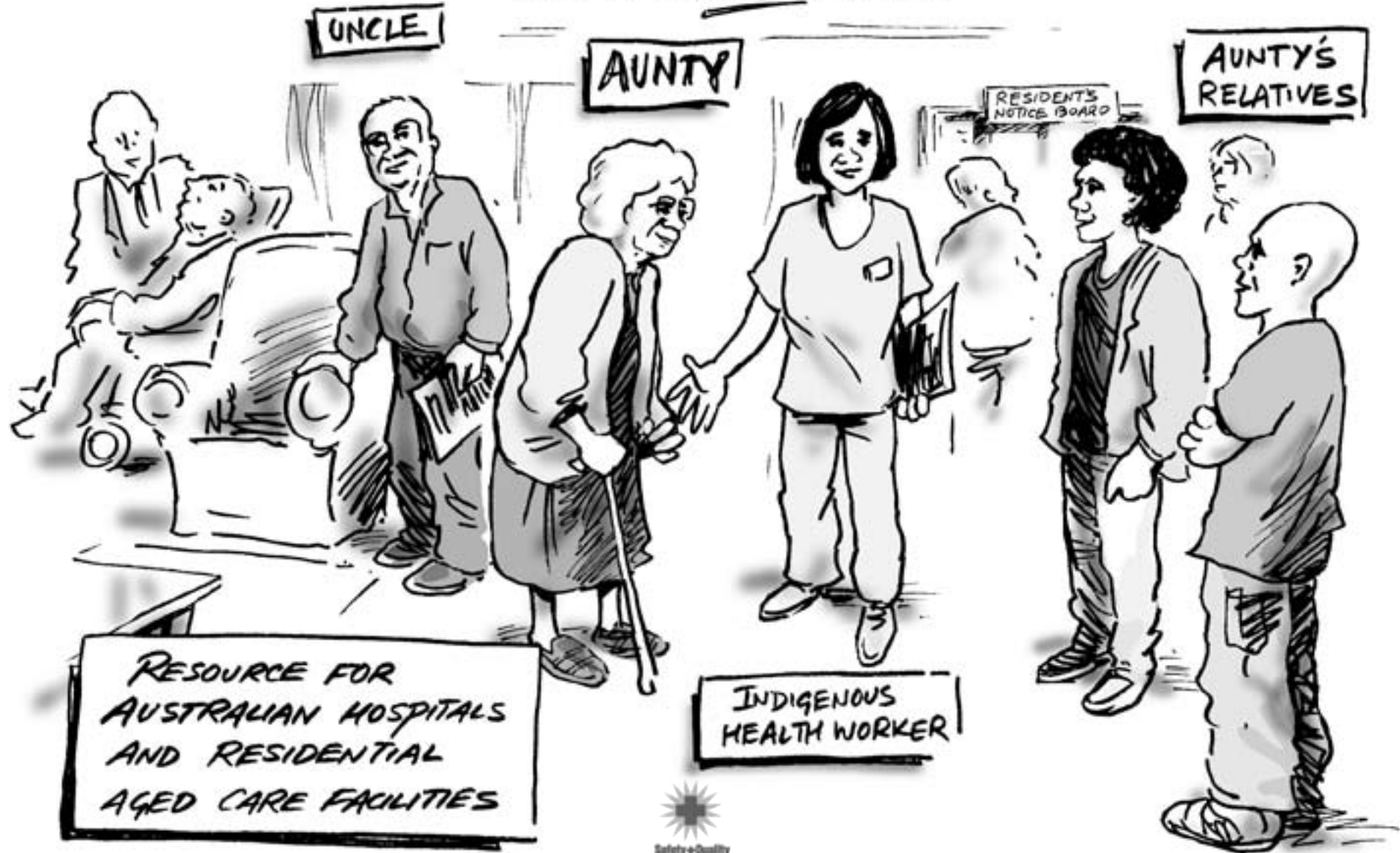


FALLS ARE NOT FOR ME!

ALL ABOUT BEING SAFE, STAYING INDEPENDENT
AND KEEPING UPRIGHT



Written with the assistance of Beryl Meiklejohn
Illustrated by Simon Kneebone

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The Australian Council for Safety and Quality in Health Care was established in January 2000 by the Australian Government Health Minister with the support of all Australian Health Ministers to lead national efforts to improve the safety and quality of health care, with a particular focus on minimising the likelihood and effects of error. The Council reports annually to Health Ministers.

Copies of this document and further information on the work of the Council can be found at www.safetyandquality.org or from the Office of the Safety and Quality Council on telephone: +61 2 6289 4244 or email to: safetyandquality@health.gov.au.

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My name is Beryl Meiklejohn. I have worked in Aboriginal and Torres Strait Islander health for many years and have seen the impact of falls on our people. Unfortunately, many of our elders often see falls as part of getting older with little that can be done.

As an older Aboriginal woman myself, I can see personally the value of learning more about being safe, staying independent and keeping upright. I have been proud to help write this booklet and hope that our elders in hospitals and residential aged care facilities will see how they can be involved in fall-prevention, what they can do and that there is a range of health professionals to assist.

I would like to thank the Australian Council for Safety and Quality in Health Care for addressing the lack of culturally appropriate fall-prevention resources for our elders and making this booklet possible. Additionally, I would like to thank the groups of residents, elder groups and health professionals that contributed to the development of this booklet.

**Beryl Meiklejohn
Brisbane, QLD**



FALLS - JUST DON'T HAPPEN



AUNTY'S STORY





AUNTIE'S STORY



BALANCE, STRENGTH AND EXERCISE



PHYSICAL!
PHYSICAL!
LET'S
GET
PHYSICAL!!

BEING ACTIVE
BUILDS UP YOUR
STRENGTH AND
BALANCE

-HELPS PROTECT
AGAINST FALLS
AND BROKEN
BONES -AND
HELPS BUILD
CONFIDENCE
IN
WALKING!

-MOVING IS NOT
A HASSLE -IT'S
AN OPPORTUNITY
TO BE ACTIVE
EVERY DAY

-IN AS
MANY
WAYS AS
YOU CAN!

INSTEAD OF
USING THE
REMOTE -

GET UP TO
CHANGE THE
CHANNEL!

IF YOU DON'T
NEED TO GO
IN A SHOWER
CHAIR -

I'LL
WALK!

THESE LEGS WERE
MADE FOR WALKING
-AND THAT'S
JUST WHAT
I'LL DO -

USE 'EM
OR
LOSE 'EM!

DON'T STAY IN
BED OR THE CHAIR
ALL DAY -

-GET UP
AND
AT 'EM!

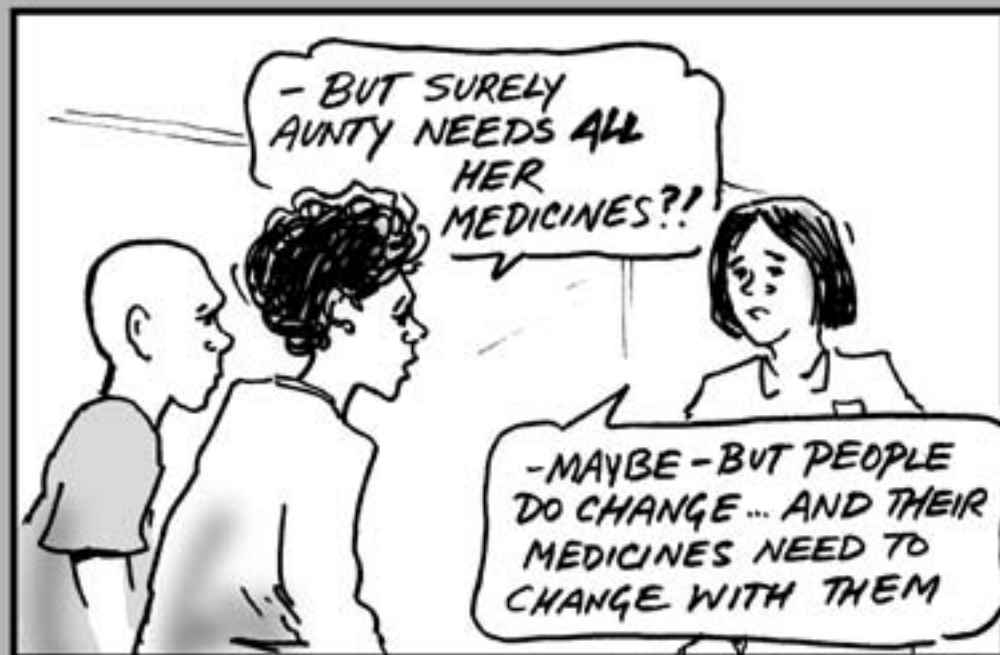


AUNTIE'S STORY



MEDICINES





AUNTY'S STORY



**DON'T LET PRIDE
GO BEFORE A FALL!**



**-IT MEANS
TWO
THINGS**
→

**1 ASK FOR HELP
IF YOU NEED IT!**



**2 WHAT YOU
WEAR CAN
UPSET BALANCE
AND
WALKING**



**LIKE LONG AND
LOOSE CLOTHING...**



**AND
INAPPROPRIATE
FOOTWEAR...**

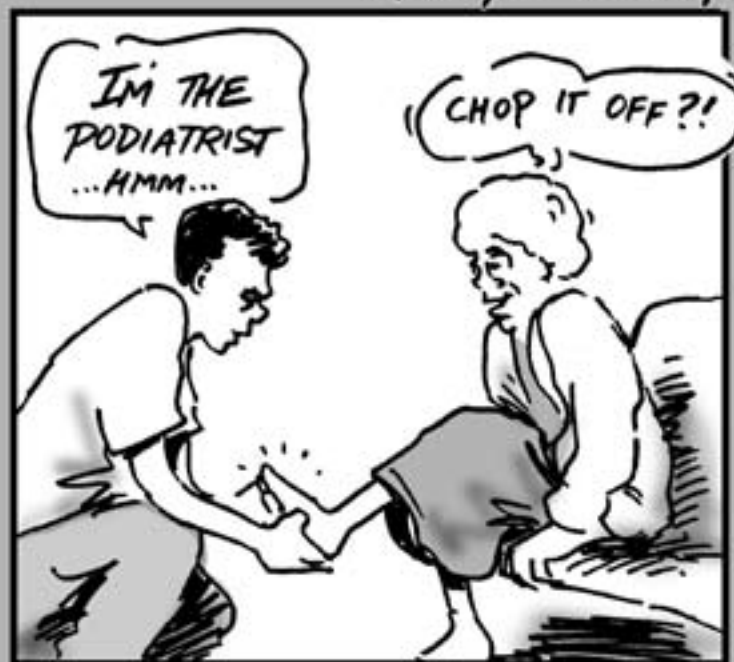


**- COULD CAUSE
A FALL !**





AUNTIE'S STORY



I SEE YOU... I SEE YOU NOT

POOR EYESIGHT MAY
PLACE YOU AT GREATER
RISK OF FALLING



LET'S
CHECK YOUR
EYES...

UM...
ER...

MM... THINK
YOU DO NEED
NEW GLASSES
UNCLE!



3 REMEMBERS:

REMEMBER:
HAVE YOUR
EYES
TESTED
REGULARLY



REMEMBER:
DISTANCE
GLASSES
ARE FOR
DISTANCE!



REMEMBER:
READING
GLASSES
ARE FOR
READING!

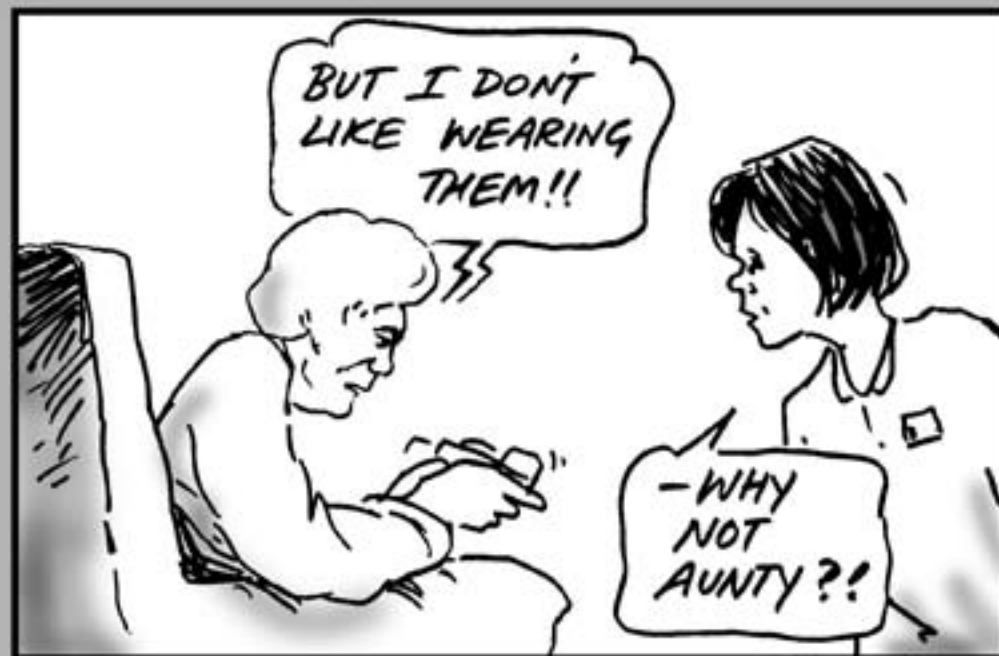
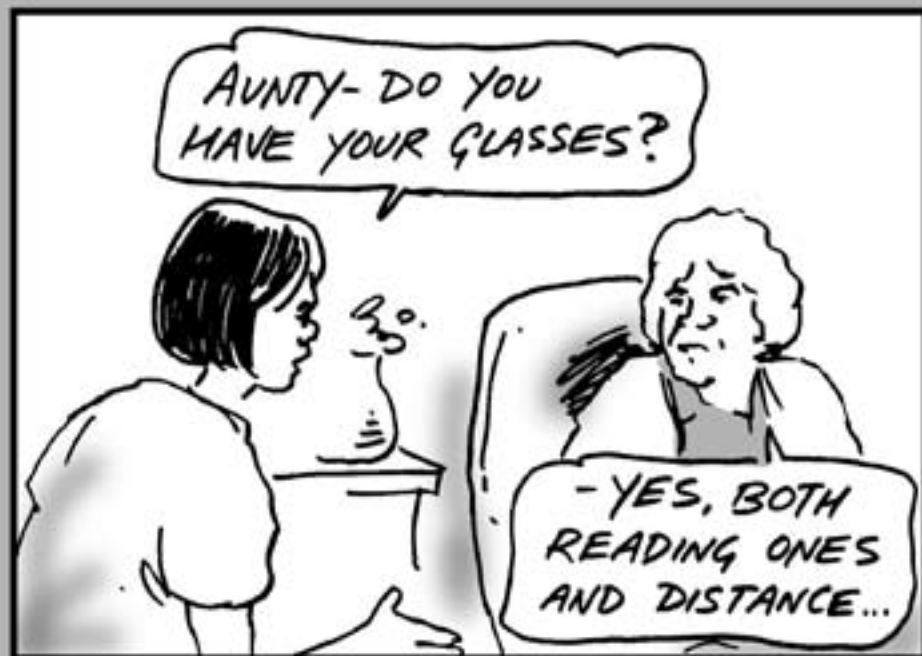


**ALSO: BIFOCALS CAN BE
TRICKY - TAKE CARE!**

ESPECIALLY
ON STAIRS-



-LOOKING DOWN
MEANS LOOKING
THROUGH THE
READING BIT OF
THE BIFOCALS - IT
WILL BE BLURRED
-SO BE CAREFUL!



AUNTY'S STORY



WHEN YOU GOT TO GO

DID YOU KNOW
THAT MANY
FALLS ARE
RELATED
TO GOING
TO THE
TOILET??

TO AVOID
RUSHING
TO THE
TOILET
-GO AT
REGULAR
TIMES

I'LL GO
NOW, WON'T
TRY AND
HOLD ON...

TOILET

DON'T PUT
IT OFF!!

YOUR HEALTH STAFF
CAN HELP-ASK THEM!

NURSE
DOCTOR
CONTINENCE
ADVISOR
HEALTH WORKER
PHYSIOTHERAPIST
OCCUPATIONAL
THERAPIST

I WET
MYSELF...

-GLAD YOU CAME,
THERE ARE MANY
WAYS TO
HELP!

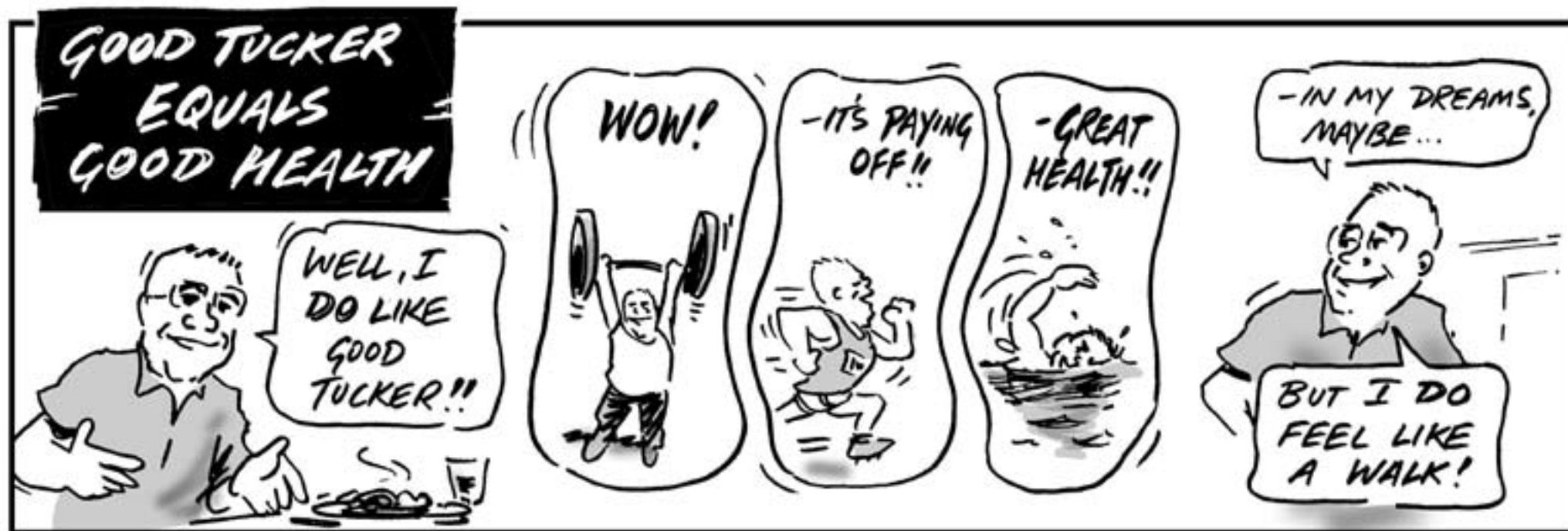
-REALLY?

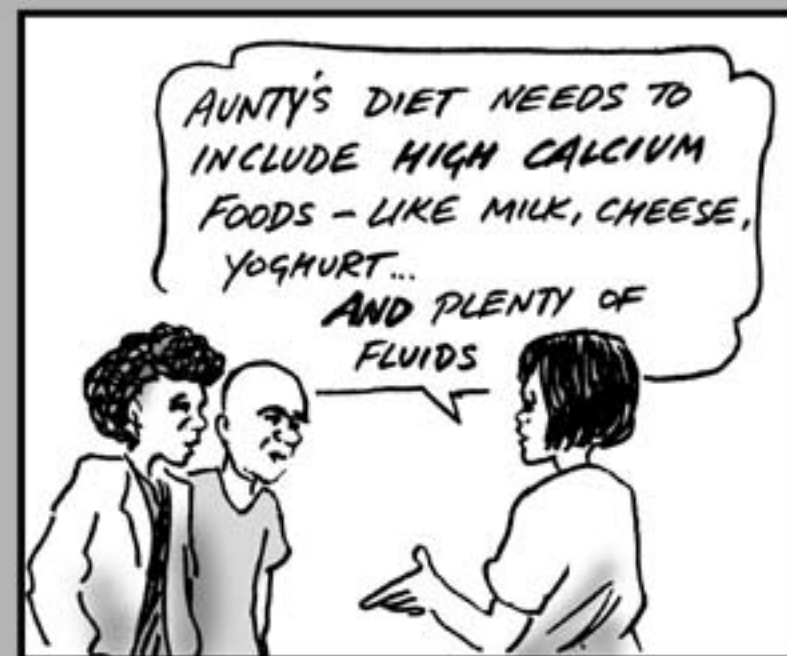
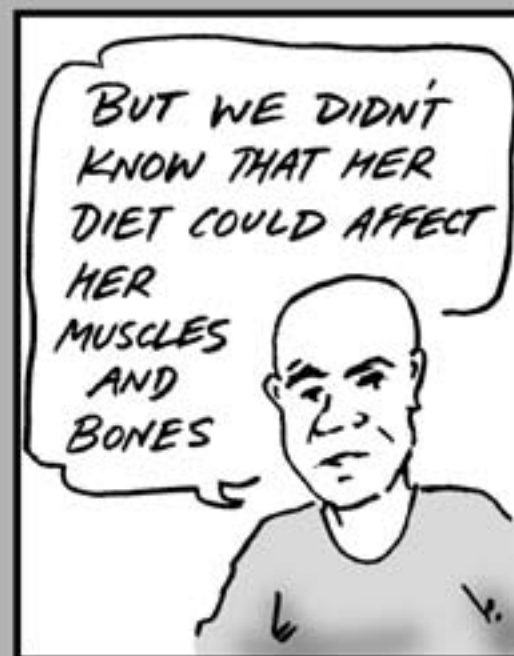
-LET'S WORK
OUT WHAT IS
BEST FOR YOU



AUNT'S STORY







AUNTY'S STORY







AUNTY'S STORY



SOLAR POWER - VITAMIN D!

DID YOU KNOW -
DARK SKINNED
PEOPLE ARE MORE
LIKELY TO HAVE
REDUCED
VITAMIN D
LEVELS

-WHAT DOES
THAT MEAN?

VITAMIN D + CALCIUM = STRONG BONES
AND MUSCLES

SO - WE
NEED VITAMIN D
AS WELL AS
CALCIUM!!

-WHERE
DO WE GET
VITAMIN D?

-FROM
THE SUN!

FOR MOST OLDER
AUSTRALIANS
VITAMIN D DEFICIENCY
CAN BE PREVENTED
BY 5-15 MINUTES OF
SUNLIGHT ON THE
FACE AND ARMS
4-6 TIMES
A WEEK

THE SUN
DOES FEEL
GOOD!

AUNTIE'S STORY

SO AVNTY-
YOU GO OUT
IN THE SUN
EVERY OTHER
DAY?

-FOR A
SHORT TIME:
10 OR 15 MINUTES
ON MY FACE
AND ARMS

- DON'T
GO OUT IN THE
MIDDLE OF
THE DAY

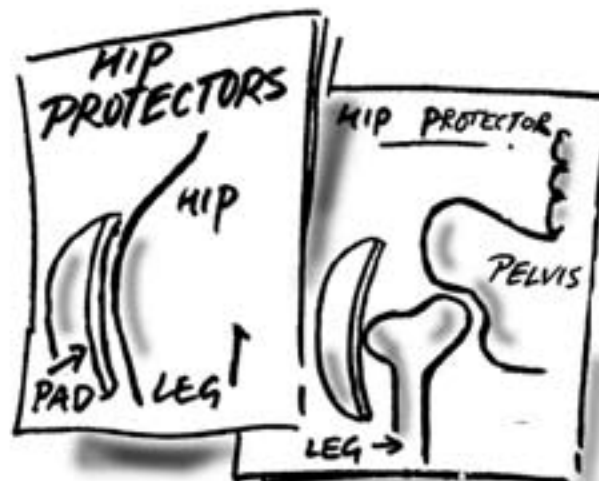
THE SUN
CAN BE
HOT

HEY - I'M
SOLAR
POWERED!!

HIP PROTECTORS

THERE ARE HELMETS
FOR CYCLISTS!

AND NOW-
FOR OLDER
HIPS-



PREVENTING
DAMAGE FROM
FALLS IS AS
IMPORTANT AS
PREVENTING
FALLS!

HIP PROTECTORS MUST BE WORN CORRECTLY
TO GIVE PROTECTION

AUNTIE'S STORY

AFTER HER FALL,
AUNTY HAS AGREED
TO TRY WEARING
A PAIR OF
HIP PROTECTORS

-ARE THEY
COMFY
AUNTY?

I GUESS
SO...

...DO I NEED
TO WEAR THEM
DAY AND
NIGHT?

TO BE SAFE,
IT IS BEST
TO WEAR THEM
ALL THE TIME

PREVENTING FALLS IS EVERYONE'S BUSINESS!

THE FALLS
PREVENTION
MOB -

- IS HERE
TO HELP!!

THANKS!



AUNTY'S STORY



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