

## FALLS PREVENTION RESEARCH

### **Melville Cares Inc. is getting involved in more falls prevention research,**

Falls remain the most common cause of injury in Australia. Every year, almost a third of people over 65 living at home have a fall, with one in five resulting in an injury. Many people begin falling repeatedly or become fearful and do less of the things they enjoy.

Survey research undertaken with HACC clients and Curtin University found that almost half of those surveyed experience falls each year and mostly in the home. You may have been one of the almost 2,000 people who completed the survey for us. If you did, thank you so much for participating.

Melville Cares are continuing to work with Curtin University to try and do something about this rate of falls. Two different projects are being trialled, a lifestyle exercise program proven to reduce falling, and training people to get up off the floor without help.

### **The lifestyle exercise program:**

Two of our staff are involved in the lifestyle exercise program and they may ask you if you would like to participate. They will teach you the exercises and will help you to do some of them during their visits.

### **Strength based exercises:**

This project is looking at the ability of older people to stand unaided following a fall. Again in the New Year we may ask some of you if you would like to participate in learning how to get yourself up following a fall.

Both the projects are funded by the WA HACC program. We are keen to try and reduce the number of falls our clients are having and your assistance will be appreciated.

Below is Support Worker Gina, showing the In Home Service Coordinator Lis, the exercises that she has been working on with her clients.

