



Stay On Your Feet WA®

NEWS & VIEWS

www.stayonyourfeet.com.au

AUTUMN 2011



ABOVE: Dr. Nick Waldron and Ned Martino get active at the Stay On Your Feet Week Launch 2010

Be Active and Stay On Your Feet®

We all know that being active is good for you, but did you know that four types of activity are needed to keep you healthy? A range of activities that incorporate **fitness, strength, balance & flexibility** are recommended to get the greatest benefit from exercise and reduce your risk of having a fall.

Benefits of regular activity include:

- Keeping leg and hip muscles strong
- Improving bone strength and slowing Osteoporosis
- Improving balance, co-ordination and walking
- Assisting joint movement and stability
- Keeping your heart strong

- Increased mental well being
- Confidence to perform everyday activities

Walking is a great and cheap way to contribute to your **fitness** level, but make sure to include other options such as swimming, golf, cycling, tennis, dancing and even washing the car!

Other than weights or resistance exercises such as gym circuits, you can also take the stairs (instead of the lift or escalator) gardening (eg digging, re-planting, shifting soil, mulch etc) or even just lifting

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NEWS & VIEWS now on email

The Stay On Your Feet WA® News & Views Newsletter is now available by email. If you would like to receive an email copy instead, or you would like to subscribe, please complete the form on the back cover of this newsletter. Alternatively, email your request to soyfw@iccwa.org.au



Be Active!

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(eg groceries or small children) to increase your **strength**.

Balance can be improved by practicing simple exercises including heel raises, side leg raises, half squats and standing on one foot, all while holding on to a stable piece of furniture about the height of the kitchen bench.

Increasing your **flexibility** can help you move more easily, and can be achieved by participating in such activities as tai chi, yoga, dancing, bowls, gardening and stretches.

Above all, choose activities that you enjoy and will be able to do regularly. This will make it easier to find the motivation to reach the recommended minimum of 30 minutes per day on most if not all days. If you are finding it hard to fit one session in of 30 minutes or more in a day, don't forget you can combine shorter sessions (of at least 10 minutes) to reach your target.

If you are not doing any physical activity at present, you need to start slowly and build up to the 30 minute target over time. There are a number of ways you can be physically active regardless of your age, health condition, body weight or disability. If you are just starting out, a visit to your doctor

or physiotherapist will help you determine the most suitable form of physical activity.

With a combination of activities from each of the above groups, you will look and feel better in no time!

The 'Be Active' step is just one of the Nine Steps To Stay On Your Feet® – a combined approach to preventing seniors from falling. If you would like more information please contact the Stay On Your Feet WA® Falls Resource Information Centre on (08) 9420 7212 or email soyfw@iccwa.org.au.

Source: **Choose Health: Be Active**, A physical activity guide for older Australians. Canberra: Commonwealth of Australia and the Repatriation Commission, 2005

Does the shoe fit you? Falls Prevention Ambassador

Is 2011 your year to improve your health and wellbeing?



Becoming a Falls Prevention Ambassador can open your life to learning the steps to healthy ageing, increase your social life and allow you to make a big difference in your local community.

If this sounds like what you need in 2011, we are looking for mature, enthusiastic and approachable people to volunteer for our Stay On Your

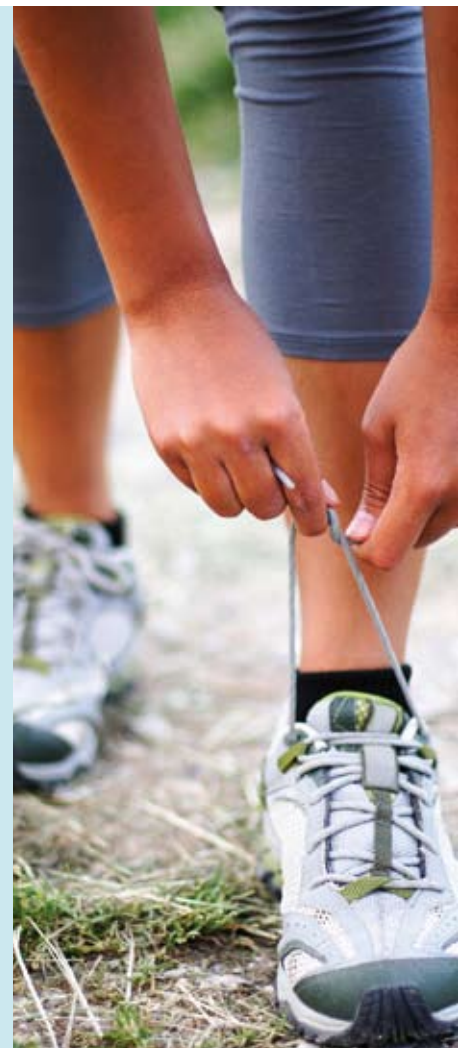
Do you want to make a difference to the health of others in 2011?



Feet WA® program. Some of the activities you could volunteer for include, talking with groups in the community about falls prevention, helping to organise and distribute educational resources and staffing displays at expos or shopping centres.

If this shoe is fitting you, then call Sarai Stevely at Injury Control Council WA on 9420 7212 or email sstevely@iccwa.org.au

Are you needing to experience new things?



Start Something New in 2011



New Year, New You

Welcome to 2011, a new decade, a New Year, an opportunity for a new you. Have you been thinking about getting back into physical activity, or joining a social group, possibly even volunteering some of your time? Why not join one of the six Mall Walking groups run by the Injury Control Council of WA (ICCWA).

Getting back into exercise couldn't be easier with Mall Walking. The shopping centres are climate controlled which reduces the fear of facing inclement weather like wind, rain, and heat. The walking surface is smooth and flat reducing the fear of falling or having to negotiate footpaths or other surfaces that may be uneven. Seats are located every 50 metres, allowing walkers to take a break if they need to. There are easily accessible facilities such as parent's rooms and bathrooms and you have a supportive group of people to keep you motivated.

Two walks a week are held at each shopping centre before opening hours. The walks are facilitated by

trained Volunteer Walk Leaders and run for one hour which includes 20 minutes of warm-up, stretching and cool-down exercises.

All of the Mall Walking groups are extremely social with walkers meeting for tea and coffee regularly. ICCWA also organise regular informative presentations and events.

So what are you waiting for? Why not join one of our six Walking Groups located at:

- Bull Creek Shopping Centre
- Karrinyup Shopping Centre
- Garden City Shopping Centre
- Armadale Shopping City
- Phoenix Shopping Centre
- Belmont Forum Shopping Centre

If you would like to know more information about the Mall Walking groups or how you could become a Volunteer Walk Leader please contact Zoe Cooper, Coordinator – Health Promotion Events on 9420 7212.

Want to try Mall Walking?

ICCWA manages 6 Mall Walking groups at Shopping Centres across Perth.

Belmont Forum Shopping Centre Mall Walking Group

- Wednesdays & Fridays
- 7:45am, Harvey Norman Entrance

Armadale Shopping City Mall Walking Group

- Tuesdays & Fridays
- 7:40am, outside Target

Karrinyup Shopping Centre Mall Walking Group

- Tuesdays & Fridays
- 8am, outside Coffee Club

Garden City Shopping Centre Mall Walking Group

- Tuesdays & Fridays
- 7:45am, Homewards Mall out the front of Priceline

Phoenix Shopping Centre Mall Walking Group

- Wednesdays & Fridays
- 7:45am, out the front of Coles

Bull Creek Shopping Centre Mall Walking Group

- Tuesdays & Thursdays
- 7.45am, outside Target

For more information, please contact Zoe Cooper at ICCWA on 9420 7212.

April No Falls Day



ABOVE: April No Falls Day 2010 at Canarvon Hospital

Take a stand this April No Falls Day!

April No Falls Day is a state-wide falls prevention initiative held on the 1st of April in regional and metropolitan hospitals, as part of the Stay On Your Feet WA[®] program. This year there is a focus around the National Falls Prevention Guidelines.

ICCWA encourages health professionals to embrace the no falls message and conduct an event on or during the week of April No Falls Day to educate all staff (including nursing staff, support staff and allied health) in

a fun and innovative way about the importance of falls prevention. ICCWA and the Department of Health WA, through the Stay On Your Feet WA[®] program will support hospitals and health professionals hosting a falls prevention event by providing them with falls prevention resources and merchandise that would best complement their event.

For more information please contact Melinda Hailstone on (08) 9420 7212 or soyfa@iccwa.org.au

ICCWA encourages health professionals to embrace the no falls message and conduct an event on or during the week of April No Falls Day to educate all staff in a fun and innovative way about the importance of falls prevention.

Book a community presentation to help you Stay On Your Feet[®]

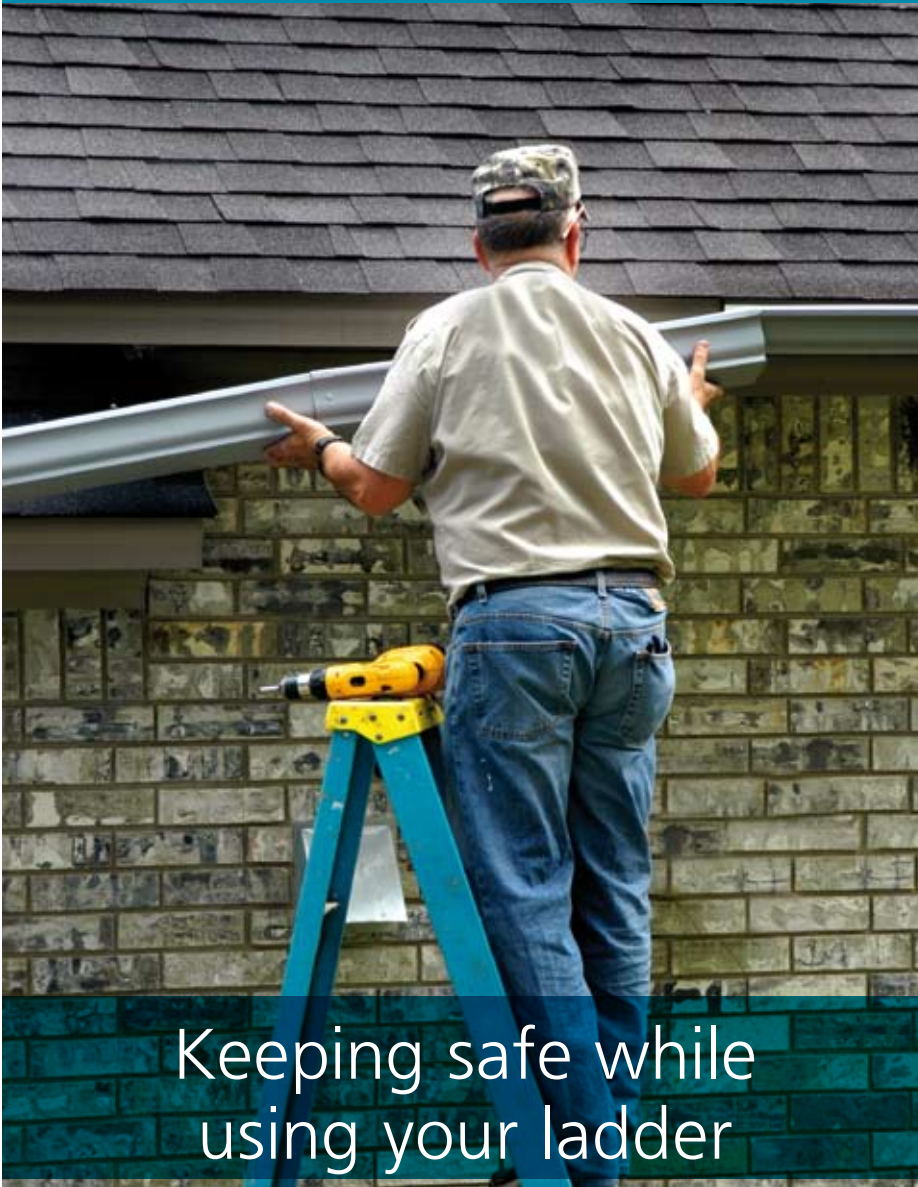
Is your organisation or community group interested in learning how seniors can stay active, independent and mobile? We have skilled volunteers who can come and give your group a FREE presentation.

The presentations address the Nine Steps to Stay On Your Feet[®] which include:

- Step 1.** Be Active
- Step 2.** Manage Your Medicines
- Step 3.** Manage Your Health
- Step 4.** Improve Your Balance
- Step 5.** Walk Tall
- Step 6.** Foot Care and Safe Footwear
- Step 7.** Regularly Check your Eyesight
- Step 8.** Eat Well for Life
- Step 9.** Identify, Remove and Report Hazards

For more information about the FREE presentation or to book, please phone Sarai Stevely at Injury Control Council of Western Australia on (08) 9420 7212.

Ladder Safety



Keeping safe while using your ladder

Been up a ladder lately? It's definitely wiser to be using a ladder rather than a chair, box, bin etc, however research has shown that a large number of ladder falls occur to people over 50 years of age, often while working in and around the home.

Here are some tips for using ladders safely:

- Move frequently used items to within easy reach to reduce the need for ladders
- Make sure there is someone else at home if you are working at height
- Ensure your stepladder or ladder is in good condition. Check the ladder for damage before use
- Check warning and safety instructions, and follow them carefully
- Before stepping on to the ladder make sure it is placed on an even surface and the lock is in place
- Do not stand above the second step from the top on a standard ladder, or the fourth step from the top on an extension ladder

Do not stand above the second step from the top on a standard ladder, or the fourth step from the top on an extension ladder.

- Always have three points of contact while on the ladder (e.g. Always keep a hand on the side of the ladder)
- Wear secure, slip-resistant shoes with rubber soles – thongs or slippers are not appropriate
- Always face the ladder when climbing and keep your body centered
- Make sure you use a ladder and not chairs or stools
- Sturdy, broad-based ladders with handrails are recommended.

*And most of all –
Get a professional
to do the job if
the task exceeds
your ability!*

Sources:

Ladders Revisited, Biswadev Mitra, Peter A Cameron and Belinda J Gabbe

Ladder Safety Tips, Home Safety Council
http://www.homesafetycouncil.org/SafetyGuide/sg_ladder_w001.asp

Arthritis Events

Is your arthritis a pain?

For just 2.5 hours a week for 6 weeks you could improve your quality of life.

Osteoarthritis of the Knee Education and Self-Management Program (OAK)

Arthritis WA is presenting a self management program for people with Osteoarthritis of the knee at The Italian Club in Fremantle in February and March 2011.

The program was designed by Arthritis WA to improve health outcomes for people with Osteoarthritis of the knee. The

program has been extremely successful and has shown statistically significant and clinically important improvements in quality of life amongst participants.

Different skills are taught for exercise and relaxation with continuous feedback, and goal setting to reinforce self management.

Participants must be diagnosed with Osteoarthritis in one or both knees and referred by a Rheumatologist or GP. Partners/ carers can also attend and are encouraged to participate.

Dates:

Thursdays 17 February – 24 March

Time:

1-3.30pm

Where:

The Italian Club,
65 Marine Tce Fremantle

Cost:

\$30.00, partner can attend for an additional \$5.00

Take ACTION:

Phone 9388 2199 to enrol



Upcoming events with Arthritis WA

Self Management of Back, Hip and Knee Problems using the C.H.R.I.S. Theory

Dr Chris Chin M.B.,B.S.,F.A.M.A.C.

Back pain has a tremendous impact on society. Almost all of us will develop significant back pain sometime in our lives. For some of us, it will be transient, but for others it has the potential to become a catastrophe, causing physical, mental and financial disability.

There is a vast array of therapies available to the back pain sufferer ranging from the traditional to the experimental, but there has not been any one therapy that is significantly better than others in the management of this common

condition. This talk is to show you a simple theory that explains how back pain develops and how by changing the way we breathe, sit and move we can better manage and even prevent this potentially devastating condition.

Date:

Friday 25th March, 11 – 12pm

Where:

Wyllie Arthritis Centre,
17 Lemnos Street, Shenton Park

Cost:

Gold coin donation

Bookings essential:

Telephone 9388 2199

Tai Chi Taster One hour Workshop

Come along and find out how Tai Chi can help your arthritis. Classes run each term, 1st term commencing February, 2nd term commences early May.

Date:

Friday 15th April, 10 – 11am

Where:

Wyllie Arthritis Centre,
17 Lemnos Street, Shenton Park

Cost:

Gold coin donation

Bookings essential:

Telephone 9388 2199

WA Falls Prevention Summit

The Western Australian Falls
Prevention Summit 2011

Staying on Track

Registrations are now open



Date:

Thursday 5th May 2011

Time:

Registrations open 8am for
8:45am start

Venue:

The Esplanade Hotel
Cnr Marine Tce and Essex St
Fremantle

Cost:

\$60 per person

Key Note Speaker:

Associate Professor Terence
Haines, Monash University;
Faculty of Medicine,
Dentistry and Health Sciences.

Registrations Close:

Thursday 21st April 2011

Program

08:00 Registrations

08:45 Official Open and Opening Address

09:20 Falls Prevention in WA – An update since 2006:
Dr Nicholas Waldron

09:40 Key Address: Associate Professor Terence Haines

10:20 Morning Tea

10:50 What's the latest? ANZFP Conference Update

11:20 Clinical Information
Falls Prevention and Medication Management
Falls Prevention and Cognitive Impairment
Optimising bone health and fracture prevention

12:50 Lunch

01:45 Panel Showcase: Across the Continuum of Care

02:50 Afternoon Tea

03:15 Panel Showcase: Be Active

04:00 Summit Overview

04:30 Close

To register for the 2011 Western Australian Falls Prevention Summit please visit our website www.iccwa.org.au. For further information or ticketing support: email events@partnerandprosper.com.au, or phone Krystie on 08 9245 6575.

Learn Modern Square Dancing

Stay On Your Feet WA[®] General Displays

In our effort to raise awareness of falls prevention in the community, the Stay On Your Feet WA[®] team are eager to set up displays around Perth. Stay On Your Feet WA[®] promotes healthy, active ageing to the community and provides information on how to reduce your risk of a fall.

Stay On Your Feet WA[®] displays include:

- Volunteer peer educators
- Professional display material
- Show bags and other resources that draw attention to the fact that falls can be prevented.

For more information about how to get a display in your area, please do not hesitate to contact Alex Clark at aclark@iccwa.org.au or on (08) 9420 7212.



Why not try Modern Square Dancing!

Have you ever wondered how easy it is to learn modern square dance? Like all good things it's fun to do, challenges your mind and body all while enjoying the company of many other enthusiastic dancers. It is great for increasing your bone density, strength, endurance, balance and coordination while reducing your blood pressure, tiredness, injury risk and stress.

The Square Dance Society of Western Australia runs classes to teach Modern Square Dance at various locations. Suitable

for most ages 8-80+, it is your opportunity to keep active, fit, happy and healthy while meeting lots of friendly people. This is a low impact, good aerobic, stress releasing workout that helps keep mind and body working at its peak.

Check out our webpage www.squaredance.org.au or phone Steve and Julie on 9243 1200 or our Publicity Officer – Ann on 9405 2078. Country callers can ring free-call 1800 643 277. Ex square dancers and volunteers are also welcome.

Modern Square Dancing is great for increasing your bone density, strength, endurance, balance and coordination while reducing your blood pressure, tiredness, injuries risk and stress.

Come and Try Program

Come and Try in Freo

The City of Fremantle's Come and Try program is currently underway with free and affordable activities for you to enjoy.

King's Square, the Fremantle library and the historic Town Hall will stage a range of activities, many of which have been designed to appeal to people over 55 years in age. Anyone is welcome to come along and try some fun, free accessible activities. It's never too late to become more physically active, and the good news is, as people get older the benefits of physical activity increase significantly.

Hatha Yoga is gentle, helps tone muscles, increase strength and flexibility and assists with Stress.

Wednesday 2, 9, 16, 23 March
10:00am – 11:00am
in the Town Hall

Laughter Yoga combines unconditional laughter with yogic breathing. It's a great way to start the day.

Thursday 24, 31 March
Thursday 7, 14 April
10:00am – 11:00am
in Kings Square

Talks of the Town: Mastering the art of portraiture with Bo Wong, photographer for the Art Gallery of WA.

Saturday 12 March
1:30pm – 3:30pm
at Fremantle Library

Learn chess from a former WA state champion chess player.

Wednesday 30 March
Wednesday 6, 13, 20, 27 April
10:00am – 12:00pm
in Kings Square

Dance the afternoon away! Social dancing with Shirley Bickley. Beginners welcome. (Half hour lesson followed by social dancing \$5 per person inc. tea/coffee)

Friday 11 March
Friday 1, 8 April
1:00pm – 3:30pm
in the Town Hall

Talks of the Town: "Money Matters". Come and get advice from a qualified lawyer on topics such as writing a will and power of attorney.

Friday 15 April
10:00am – 11:00am
at Fremantle Library

To register or for more information call 9432 9999 or email activefreo@fremantle.wa.gov.au



Positive Active Ageing

Prime Movers is a one hour exercise class that encourages positive active ageing. The classes are for men and women over the age of 50. It is a fun and social way to bring exercise into your life.

PRIME MOVERS....

Regular exercise classes for Over 50's to

Improve fitness and wellbeing, combining

Music and

Exercise that is low impact to

Maintain strength

Overall health and flexibility

Vitality

Energy

Relieve depression

Social contact and support

Joy Downing, Prime Movers Coordinator said that "There are over 80 classes with 4,000 members. It is about moving to music rhythmically to stretch and improve fitness. It is also very pleasurable". Classes started back on the 7th February 2011. Annual membership is \$5.00 and the cost per session is \$3.00. For further details about venues, dates and times contact Judith (Secretary) on (08) 9386 2049 or visit www.primemovers-exercise.com.au.



The Importance of Posture

Hold Your Head High

Having good posture is just as important for older Australians as it is for younger Australians. It's easy to assume that, just because you're getting older certain changes to your body are inevitable. Poor posture doesn't have to be one of them. Having poor posture can lead to a number of physical health issues such as back pain, neck and shoulder pain and even pain in the lower limbs. It can also increase your risk of having a fall as it can impact on your ability to walk tall.

Walking tall is about moving around while keeping upright and straight. If you maintain good posture then this is easily achieved. It's important to remember that it's never too late to improve your posture and experience the benefits to your overall mobility, independence, health and quality of life.

Good posture is highly dependent on the quality of our muscles that maintain our posture. If these muscles are weak, then they get tired quickly, making it difficult to maintain a good sitting or standing posture. It's important to:

- Take regular breaks from your daily activities if you have

been sitting for too long – you should move or do some stretches every 30 minutes.

- Do some regular stretches for your neck and upper back
- Exercise regularly – exercise is crucial for maintaining general muscle tone and strength which can reduce the chance of getting back or neck pain. Guidelines recommend 30 minutes of physical exercise daily.

Correct posture should feel comfortable and pain-free, even if a little strange to start with. If you get pain from sitting 'correctly' you might be over-correcting. How you hold your body is also important to walking comfortably and easily. Most of the time while we watch our posture when we're standing or sitting, we often neglect it when we're walking – whether we are just strolling along or walking at a faster pace for exercise. With good posture you will be able to breathe easily and avoid back pain. While walking try to consciously remind yourself to stand up straight and follow these golden rules:

- Do not overarch your back
- Try not to lean too far forward or backwards
- Keep your chin up parallel to the floor

- Tummy tucked
- Chest Open
- Shoulders slightly back
- Bottom tucked behind you

If you have poor posture the line of gravity falls off centre, rather than being through the middle of the head and body. This means that more of your spine will fall on one side of the line of gravity. As a result your spine will be under more pressure to support your body weight. This will lead to various areas of your body being under pressure. These areas at risk include back of the skull (headaches/eye pain), neck (neck pain), upper back (stiffness, shoulder restriction, 'hump'), shoulders (shoulder pain), lower back (lower back pain/stiffness).

The 'Walk Tall' step is just one of the Nine Steps To Stay On Your Feet® – a combined approach to preventing seniors from falling. If you would like more information please contact the Stay On Your Feet WA® Falls Resource Information Centre on (08) 9420 7212 or email soyfw@iccwa.org.au.

Article provided by Steve Holle B.Phty, Physiotherapist, Airport Physiotherapy.

Having poor posture can lead to a number of physical health issues such as back pain, neck and shoulder pain and even pain in the lower limbs. It can also increase your risk of having a fall as it can impact on your ability to walk tall.





The New Year is a great time to start afresh and make changes in your life to improve your health and well-being. Here are some tips that will boost your mental (and physical!) well-being in 2011.

1. Get involved in your community

Do you feel as though you've been drifting apart from your community? If yes, this is the perfect time to re-connect.

Joining in community clubs and events are a great way to meet like-minded people and get some mental, physical and social stimulation. Have a look at your local government website – local governments offer far more than rates, roads and rubbish, providing a great range of community events and activities.

Volunteering is also a great way to feel connected to the community and you will gain the added benefit of learning new skills, challenging yourself and helping out people in need.

2. Take up a new hobby

It's never too late to try something you always wanted to do but never got the chance to try.

Enrol in a new cooking or dance class, you will learn new skills and meet new people.

3. Do things you enjoy, and do them more often!

People often strive for things that won't actually make them truly happy. Whatever you enjoy, whether it's reading a book, going to see a movie with friends or going for a walk along the beach – it's important you make time each week to do something you enjoy.

So set yourself a challenge and 'get involved'. To find out more visit www.actbelongcommit.org.au



Contacts

Statewide contacts for Stay On Your Feet WA®



Department of
Health



PERTH

Department of Health WA
Falls Prevention Health Network
(08) 9489 2800
Injury Control Council of WA Inc.
(08) 9420 7212

EAST METROPOLITAN POPULATION HEALTH SERVICE

East Metropolitan
Population Health Service
Coordinator (08) 9224 3276

SOUTH METROPOLITAN PUBLIC HEALTH

Armadale Health Service
(08) 9391 2244
Mandurah Community Health
Centre (08) 9535 1644

GOLDFIELDS SOUTH EAST HEALTH REGION

Kalgoorlie, Boulder (08) 9021 2622
Esperance, Norseman,
Ravensthorpe, Hopetoun
(08) 9071 0400

GREAT SOUTHERN HEALTH REGION

Great Southern Public Health Unit
Albany (08) 9842 7504
HACC Denmark (08) 9848 1201
Central Great Southern –
Katanning (08) 98214232

MIDWEST AND MURCHISON HEALTH REGION

Geraldton (08) 9956 1953

PILBARA HEALTH REGION

Port Hedland – Pilbara Population
Health Unit (08) 9172 8333

SOUTH WEST AREA HEALTH SERVICE

Vasse Leeuwin (08) 9757 2000

WHEATBELT HEALTH REGION

Wheatbelt Health Region,
Northam (08) 9622 4320

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Are you on our mailing list? If you would like to receive this newsletter, please tick the appropriate box/es and return details to ICCWA. I would like:

- more information on becoming a volunteer
 my name added to the Stay On Your Feet WA® newsletter mailing list (free publication)

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