



**International
Volunteer Day**

Stay On Your Feet WA®

NEWS&VIEWS

www.stayonyourfeet.com.au

SUMMER 2010

Recognising Our Stay On Your Feet WA® Volunteers on International Volunteer Day



International Volunteer Day is celebrated on the 5th December each year. This day recognises the hard work that volunteers do in their community.

The Stay On Your Feet WA® program has 48 wonderful volunteers. This dedicated group of volunteers educate WA seniors through community presentations, shopping centre displays and community expos. With their key message being that ageing can be

a positive experience and falls are preventable.

Gwen Davies has volunteered with the Stay On Your Feet WA® program for four years. She says, "Since joining the program I am healthier than I have ever been before, not just physically but mentally active also". Gwen is a passionate advocate of the Nine Steps To Stay On Your Feet® as she feels that what she is sharing "is good for the community and important to help people realise

that even making small changes is worthwhile".

Stay On Your Feet WA® is a state-wide program where by volunteers passionately spread the key messages to seniors throughout WA. On behalf of the Injury Control Council of WA and Department of Health we would like to thank all of our Stay On Your Feet WA® volunteers who generously and tirelessly promote the message to the community.

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Stay On Your Feet WA[®]

Stay On Your Feet[®] Week Launch



ICCWA, with support from the Department of Health WA, coordinated this year's Stay On Your Feet[®] Week from the 12th to the 18th of September. This year's key message for the week was, "Falls we can BEAT with Stay On Your Feet[®]!" The Stay On Your Feet[®] Week launch was at Butler Community Centre. Satterley Property Group partnered to support the launch event.

Sixty-four community groups throughout the state received funding from the Department of Health WA and ICCWA to hold an event during the week that

promotes healthy and active ageing. Several other events were also carried out by organisations who did not receive funding. The Stay On Your Feet[®] team were able to assist such organisations by advertising their event on our website, issuing a Communication Kit and providing a number of resources and merchandise. There were a total of 108 events held throughout the week.

The six ICCWA Mall Walking groups and local community members were also able to attend presentations throughout Stay On Your Feet[®] Week. The

presentations were conducted by health professionals, each covering one of the Nine Steps To Stay On Your Feet[®].

Stay On Your Feet[®] Week 2010 has been a great success. It has been fantastic to see a large number of events held across the state and significant media attention from all regions surrounding these events. 'Celebrating Stay On Your Feet[®] Week' e-News showcases these great events and is available to view at <http://iccwa.org.au/falls-prevention/stay-on-your-feet-week-2010>.

Join Our Stay On Your Feet WA[®] Volunteers

Twenty falls a day are being prevented in WA. Would you like to help prevent even more? Our peer educators enjoy getting out there and spreading the Stay On Your Feet[®] message.

Stay On Your Feet WA[®] is seeking volunteers to assist with awareness raising activities. If you have spare time on your hands or you would like the opportunity to

meet and interact with other seniors, becoming a Stay On Your Feet WA[®] volunteer may be just for you.

Some of the activities conducted whilst volunteering are:

- Helping out and participating at Stay On Your Feet WA[®] events
- Presenting to peers about the Nine Steps To Stay On Your Feet[®]

- Handing out information to seniors
- Advocating to community members
- Assisting with event organisation

For more information on becoming a Stay On Your Feet WA[®] volunteer, please contact Sarai Stevely on (08) 9420 7212 or sstevely@iccwa.org.au

Safety of Grandchildren



Six Kidsafe Tips for Grandparents

Having grandchildren can be a rewarding and fulfilling experience. Your relationship with them will be quite different from what you had with your own children – you are able to enjoy and spoil them, without dealing with daily parenting issues. Whether your grandchildren visit weekly or only on the holidays, there are a number of things needed to keep them safe. Your home may no longer be set up for children and may have potential hazards. There are also changes in technology and the law that will impact on your grandchild's safety.

To ensure the time you spend with your grandchild is safe and fun for both of you, consider the following tips:

- Keep medications out of reach of children – this means keeping them in a locked, high cupboard, out of reach. Don't leave handbags where children can reach them if you keep medication in there as well. Prescription and over-the-counter medications are the most common causes of poisoning in children.
- Secure curtain and blind cords at least 1.6 metres from the floor to prevent strangulation.
- Never leave young children alone on raised surfaces; and teach older children to navigate different levels such as stairs, play equipment and furniture safely to reduce the risk of falls.
- Create safer play areas by fencing them off from the street or driveway. Supervise children while they play.
- Choose toys for children suitable for their age and development. Toys suitable for children under the age of 3 will be marked as such.
- Always restrain children in an appropriate child car restraint when in the car. New laws mean that children up to 6 months must travel in a rear facing restraint, children aged 6 months to 4 years must use a seat with an internal harness and children 4 to 7 years in a booster seat.

Most importantly, enjoy your grandchildren and the time you spend together.

For more information visit www.kidsafewa.com.au or contact Kidsafe WA on (08) 9340 8509.



FREE community presentations to help you Stay On Your Feet®

The Stay On Your Feet WA® program has volunteer peer educators that conduct FREE community presentations. These presentations are targeted at the general community over the age of 60. Each presentation provides information on each of the Nine Steps To Stay On Your Feet®:

- 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 community presentations, or to book please contact Melinda Hailstone at ICCWA or 9420 7212 or mhailstone@iccwa.org.au



Importance of Good Nutrition



Healthy Eating for Older Australians

Healthy eating is just as important for older Australians as it is for younger Australians. While the emphasis is on “healthy”, it is also important that eating should be an enjoyable and a sociable activity that you can look forward to.

Good nutrition for older Australians is important to reduce sickness and preserve an independent lifestyle. Certain nutrients become increasingly important as you age; these are highlighted below in the Dietary Guidelines for Older Australians.

The Dietary Guidelines for Older Australians include:

- 1. Enjoy a wide variety of nutritious foods.**
- 2. Keep active to maintain muscle strength and a healthy body weight.**
- 3. Eat at least three meals every day.**
- 4. Care for your food: prepare and store it correctly.**
- 5. Eat plenty of vegetables (including legumes) and fruit.**

Studies have confirmed that people

who consume a diet high in fruits and vegetables have lower risks of coronary heart disease, stroke, several major cancers, possibly high blood pressure, diabetes and cataracts. It is recommended you attempt to eat 2 pieces of fruit and 5 vegetable serves every day.

Fruits are high in fibre and often contain moderate quantities of fluid (which contribute to your daily fluid intake, which is important during the warmer weather). Fruits which are in season during the warmer months include grapes, watermelon, rockmelon, nectarines, peaches, mangoes & cherries. If you can not access fresh fruit then choose tinned or frozen fruits (these are still high in nutritional value).

6. Eat plenty of cereals, breads and pastas.

These foods are generally low in fat and contain no cholesterol. They are good sources of B-group vitamins and vitamin E as well as other minerals including iron, zinc and magnesium which are all essential for energy production.

7. Eat a diet low in saturated fat.

8. Drink adequate amounts of water or other fluids.

Older Australians are at increased risk of dehydration due to poor fluid intake, increased fluid loss and reduced thirst sensation. Drinking good amounts of water or other fluids is important to maintain healthy kidney and organ function. If you don't like water you might consider adding a lemon or lime wedge or even a mint leaf to your glass of water to enhance the flavour. If you are unsure how much fluid you should drink each day discuss this with your Doctor.

9. If you drink alcohol, limit your intake.

10. Choose foods low in salt and use salt sparingly.

11. Include foods high in calcium.

12. Use added sugars in moderation.

For more information go to: <http://www.health.gov.au/internet/healthyactive/publishing.nsf/Content/olderpeople>

Community Education Program

'Diets to Defy Dementia'



Edith Cowan University and the Centre of Excellence for Alzheimer's disease Research will partner with the Council on the Ageing WA Inc (COTA (WA)) and Nutrition Australia WA Division to deliver a state of the art nutrition education program to the community on how to fight dementia. The year-long project is funded through the Australian Government – The Dementia Initiative – supporting Dementia Community Grants Program.

The aims of the project are to raise awareness about Dementia and Alzheimer's disease, to provide the latest scientific information on nutritional aspects of these conditions and encourage and challenge participants to make lifestyle changes to reduce the risk of dementia and Alzheimer's Disease.

Alzheimer's disease is a progressive debilitating disease. It is caused by nerve cell death, resulting in shrinking of the brain.

It is the most common form of cerebral degeneration among people aged 65 and older.

Diet is now considered an important factor in the development of Alzheimer's disease. Fruit and vegetables contain many compounds known as phytochemicals that can elicit biologic responses that may improve brain health and vascular function. Recent studies have investigated the role of different types of food components including omega 3 in fish, catechins in tea and curcumin in the spice turmeric in relation to neurological health and function. Neurological health benefits from these food components seem promising.

To raise awareness of Dementia and Alzheimer's disease in our community among sufferers, their families and other community members, people are invited to participate in a **free** information session. In this session, the latest

biomedical research regarding the role of nutrition will be translated into practical applications for everyday life.

Attendees at the session will be invited to participate in an intensive cooking program, which uses ingredients which have been shown to reduce risk of disease. This hands-on cooking program puts **theory into practice** and provides participants with the cooking skills and food knowledge to make changes to their behaviour.

If lifestyle interventions can delay the onset of the disease by five years, there would be a **50% reduction** in the number of Alzheimer's disease cases. Moreover, if the onset of the disease can be delayed by 12 months; 9.2 million fewer cases would be seen worldwide.

For further information contact COTA (WA) on (08) 9321 2133 or visit www.cotawa.asn.au.

Resource and Information Centre

Stay On Your Feet WA[®] Resource and Information Centre

COMMUNITY RESOURCES



Brochure
HP002569



Booklet
HP002570



Falls Risk Checklist
HP002857

HOSPITAL RESOURCES



Patients
HP011167a



Family and Friends
HP011167b



Patient Discharge
HP011167c

HIGHER NEED COMMUNITY RESOURCES



Brochure
HP0011818



Booklet
HP0011644



Up off the Floor Poster
(double sided) **HP011737**

Resource and Information Centre

The Stay On Your Feet WA[®] Resource and Information Centre is the single point of access for consumers and health professionals who wish to access information and tools on falls prevention.

Free CaLD Speaker Kits

Free CaLD Speaker Kits

The Culturally and Linguistically Diverse (CaLD) Speaker's Kits are designed for use by bi-lingual health professionals and trained Stay On Your Feet WA[®] volunteers to give presentations to CaLD community groups on the Nine Steps To Stay On Your Feet[®].

CaLD Speaker's Kits contain one of each of the following resources in the chosen language:

- Stay on Your Feet WA[®] information booklet
- Stay on Your Feet WA[®] falls risk checklist
- Stay on Your Feet WA[®] shoe safety checklist
- Stay on Your Feet WA[®] home safety checklist

These resources can be photocopied and disseminated but should not be altered in anyway. Posters listing the Nine Steps To Stay On Your Feet[®] are available in these languages upon request.

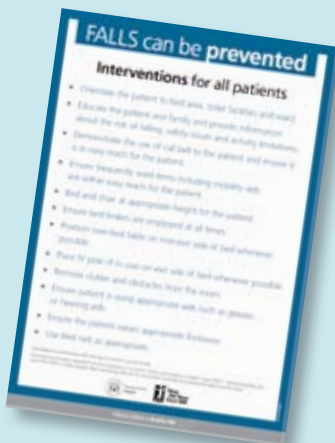
The CaLD Speaker's Kits are free of charge and are available in Cantonese, Italian, German, Polish or Greek. English Speaker's Kits incur a postage charge of \$20. These can be ordered through Melinda Hailstone at the Injury Control Council of WA on (08) 9420 7212 or email mhailstone@iccwa.org.au.



Shoe Safety Checklist
HP007939



Home Safety Checklist
HP7926



Poster: Interventions
HP011167d



Poster: All staff
HP011167e

To order resources...

The Stay On Your Feet WA[®] Resource and Information Centre (The Centre) provides a number of resources for older people living in the community, older people who are living in the community but might have higher care needs, and information on falls prevention in hospitals for both patients and staff. These resources can all be ordered online from the Department of Health WA at

www.dohpackcentre.com.au/DOH/. To order resources online, you must enable pop-ups for this site.

If you would like information on falls prevention and services which are available, or if you are unable to order the resources online, please contact The Centre on (08) 9420 7212, or by email at soyfw@iccwa.org.au.

10th Anniversary Walk Week

West Australians celebrate the 10th Anniversary of Walk Week

This year over 68,000 Western Australians from over 320 registered schools, workplaces and community groups participated in celebrating in the 10th anniversary of Walk Week 1- 7 November 2010. Walk Week is an annual campaign that encourages West Australians of all ages to become more physically active by walking for health, transport, recreation and the environment.

Since it's inception in 2001, tens of thousand of people across WA from all age groups and sectors of the community have walked together at events during the week held each November. This year was no exception with a wide variety of activities and events run

across the state by community groups, schools and workplaces.

Heart Foundation Cardiovascular Health Director, Trevor Shilton says the aim of the week is to encourage all West Australians to be active by walking for transport, health, recreation and the environment.

"Walking is an accessible and low-cost way to be active," Mr Shilton said. "Many people can find opportunities every day to do short trips like walk to public transport, work, school, the library, the local park or corner shop".

"It's a great way to find the 30 minutes of physical activity you need every day for good health."

Joining a walking group is another way to increase your daily steps. Heart Foundation Walking is Australia's largest national network of free, community based walking groups. "Joining a Heart Foundation Walking group in your area can help you stay motivated to exercise regularly whilst providing you with social support, health information and newsletters. There are groups catering for a wide range of ages and fitness levels," said Mr Shilton. "We encourage people to 'walk and talk', so it's very much a social outlet as well as an activity program and everyone is welcome."

By joining a walking group, including walking as part of your daily routine, or by trying a trail you're taking the steps to keeping mentally, physically and socially active. For more information please contact the Heart Foundation on 9388 3343 or visit www.heartfoundation.org.au/wa

BELOW: Our Bassendean Walking group get active!



ICCWA also coordinates six mall walking groups. For more information see page 10.



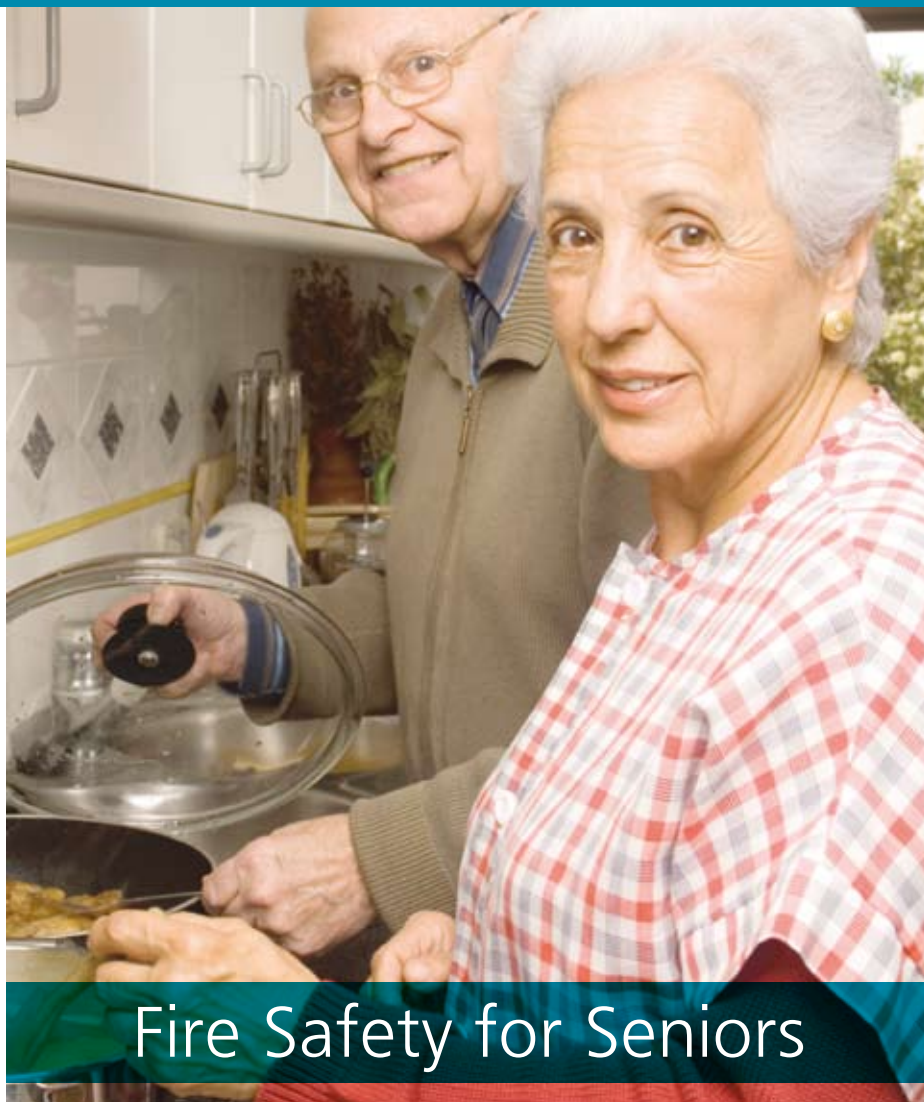
Simple Steps to Fire Safety

Every year more than 1,000 home fires cause around \$10 million in damage and the loss of many irreplaceable personal possessions.

In the past six years, fifteen people over the age of 60 have died in home fires; many were overcome by smoke and toxic fumes.

You are at a higher risk from fires starting in your home as:

- You may not be able to move as quickly
- Your sight or hearing may be impaired. Some medications you are taking may impact on your reaction time
- You may live alone and there is a lack of immediate assistance



Fire Safety for Seniors

You can improve your safety by taking a few simple steps outlined below:

1. Install Smoke Alarms

Smoke alarms can save lives and limit damage to homes. Every home should have a working smoke alarm.

2. Maintain Your Smoke Alarms

For smoke alarms to remain effective, they must be regularly maintained.

3. Take Care When Cooking

Many house fires start in the kitchen, so be extra careful when cooking.

4. Take Care with Heating

Home heating is also a major cause of fires in the home.

5. Take Care When Smoking

After kitchen fires, the next biggest cause of house fires is from smoking materials.

6. Take Care with Electric Blankets

Electric blankets keep us nice and warm during cold winter nights, but they need to be used correctly so they do not become a fire hazard.

7. Getting Out of Your Home in an Emergency

If a fire does start in your home you need to be able to escape as quickly as possible. Spend a few minutes thinking about how you would leave your home.

8. Dealing with a Fire in Your Home

If a fire does start in your home:

- Alert other people in the house, but only if safe to do so
- If you are unable to easily put out the fire, close the door to contain it to one room and slow it from spreading

To obtain a copy of Home Fire Safety Caring for Seniors and other safety publications call 9323 9300 or visit www.fesa.wa.gov.au



Mall Walking



Mall Walking Wrap Up

The Injury Control Council of WA (ICCWA) manages six walking groups at shopping centres across Perth, including Armadale, Belmont, Bull Creek, Garden City, Karrinyup and Phoenix. Mall walking is a fantastic form of physical activity for older Australians because it breaks down barriers to exercise that are often experienced by people trying to commence an exercise regime. Malls are climate controlled, safe and secure, there are plenty of rest rooms and rest spots available.

Walking is the easiest, most achievable and most popular way to accumulate the 30 minutes of physical activity required each day. Regular physical activity has a range of health benefits which include increased mobility, increased fitness, decreased risk of diabetes, cardiovascular disease,

osteoporosis and obesity and a range of mental health benefits. It also meets 'Step 1' within the Nine Steps To Stay On Your Feet®.

The benefits of Mall Walking go far beyond the realms of physical activity. Being part of a Mall Walking group can decrease social isolation and loneliness often experienced in older Australians. Participants take pride

and ownership in their group and it is not uncommon to have group picnics, day trips and social functions outside of the walking group sessions.

Maureen Banham, Walk Leader at Karrinyup said "The shopping centre provides a safe secure environment, you can walk all year around despite what the weather is like outside and there are no hazards". Maureen also said "the group is pleasurable, everyone is happy and supportive and I also love the social aspect".

The mall walking groups are always looking for new members and welcome your attendance. Over the school holidays and festive season the walking groups take a break and recommence in the new year. Please see below for closure dates.

Mall Walking Group	Finishes	Recommences
Armadale	17th December	18th January
Belmont	17th December	2nd February
Bull Creek	9th December	18th January
Garden City	10th December	1st February
Phoenix	17th December	2nd February
Karrinyup	17th December	1st February

If you have any questions in regards to the mall walking, please do not hesitate to contact Zoe Cooper on (08) 9420 7212 or zcooper@iccwa.org.au.

Want to try Mall Walking?

ICCWA manages six 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

Bullcreek Shopping Centre Mall Walking Group

- Tuesdays & Thursdays
- 7.45am, outside Target

For more information, please contact Zoe Cooper at ICCWA on (08) 9420 7212.

Christmas Message

Christmas Safety Message from the CEO



Deborah Costello
CEO, ICCWA

As the year is wrapping up and the festive season is approaching it is important to remember safety over this time.

In addition to falls prevention and safety to seniors, this edition of News and Views reminds readers that children's safety and fire safety are important particularly at this time of the year.

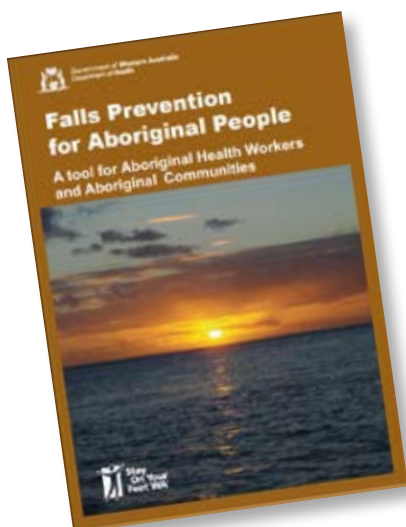
I ask everyone to be extra careful on our roads over the summer holidays as this is a time for enjoying family and friends. If you are taking part in boating or swimming activities over the summer months make sure you are aware of your surroundings and water safety. Finally, on occasions where

alcohol is involved, know your limits, organise a designated driver and have a plan. Please take extra care of yourself and those around you.

On behalf of the ICCWA Board and staff I wish you all a very safe and happy festive season with your family, friends and community and all the best for 2011.

Deborah Costello
CEO, ICCWA

On behalf of the ICCWA Board and staff I wish you all a very safe and happy festive season with your family, friends and community and all the best for 2011.



New Aboriginal Falls Resource!

Falls are a significant health issue for Aboriginal people, as there are many factors and health conditions that can increase the likelihood of an older person having a fall.

The purpose of this resource is to provide guidance to health workers when talking to older Aboriginal people who are living in the community about Stay On Your Feet WA[®] and falls

prevention. The resource contains information and tools to assist health workers to provide older people with information so that they can prevent falls themselves.

For more information about this resource please contact the Stay On Your Feet WA[®] Resource and Information Centre on (08) 9420 7212 or soyfw@iccwa.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, Ravenhorpe,
Hopetown (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

Have you enjoyed reading Stay On Your Feet WA® News & Views?

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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 email

ICCWA – 2 Delhi Street, WEST PERTH WA 6005.

Phone: (08) 9420 7212 Fax: (08) 9486 7955 Email: soyfw@iccwa.org.au Web: www.iccwa.org.au

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