

**The Injury Control Council of WA manages three flagship education and support services in Western Australia: Stay on Your Feet®, Road Trauma Support WA, and Know Injury.**



The **Stay On Your Feet®** team is focused on providing information, resources and training to both the community and health sector in falls prevention and to provide relevant information and services to the recovery of those following a fall.

The team has run two successful key campaigns during the 2015/2016 financial year – Build Your Balance in the latter part of 2015 and Make Your Home Safer in 2016.

Both campaigns attracted strong media coverage and involved significant launch events with guest speakers presenting to health and industry professionals on the selected topics in addition to specifically created resources and online toolkits to assist trainers in delivering their own education sessions on the subject.

This year the Stay On Your Feet® team has distributed more than 179,000 educational resources to approximately 578 different organisations around Western Australia. Click [here](#) if you would like to download Stay On Your Feet® resources.

The team has also delivered a substantial number of peer-led community presentations to more than 2,300 at-risk community members throughout the Perth metropolitan area and regional centres.

The team has also been active in the sector delivering several professional education and training sessions to a large number of health professionals across Perth and the State. These have included:

- Make Your Home Safer and Build Your Balance forums
- Strength and Balance training:
  - Lifestyle Integrated Functional Exercise program (LiFE),
  - Otago Exercise Programme, and
  - Tai Chi for Arthritis.

Members of the Stay On Your Feet® team presented at conferences including Occupational Therapy Association of Western Australia Conference in October 2015, and the Australian Health Promotion Association conference in Perth in June this year.



**Road Trauma Support WA** offers a number of key services to the community in Western Australia including counselling, information regarding road trauma, and more recently, preventative education presentations to young people at risk of road trauma.

The establishment of a solid system of referrals and increasing awareness of the service among emergency services personnel, allied health professionals and the community has seen client numbers grow steadily year on year since the

service commenced in November 2013, with more than 90 new clients seen by our counselling team in 2016 to date.

Road Trauma Support WA Counselling Co-ordinator, Susan Medica, joined Curtin University Psychologist and Senior Lecturer, Dr Lauren Breen, in May to present the inaugural 'Understanding Grief, Trauma and Loss' workshop partnering with Western Australia not for profit organisation, Sirens of Silence. The workshop was aimed at emergency services personnel who deal with grief, trauma and

loss on a daily basis and dealt with self-care and dealing with PTSD among other topics and is expected to be conducted again during the latter half of this year. Click [here](#) to see other workshops available.

The service now has two active, trained peer presenters with a lived experience of road trauma, with a number of others identified as suitable to join the service in the same capacity in the near future.

The peer presenters are currently booked into a number of schools across the metropolitan area to share their experience with year 10-12 students in an effort to affect behavioural changes among those most at risk of road trauma. So far there have been 12 school presentations in Perth, Northam and Mandurah with more bookings anticipated as further volunteers complete training.

A team from Road Trauma Support travelled to Northam, in Western Australia's Wheatbelt in April this year, to provide information to key community groups and members and to network with individuals and groups with a view to working together on road safety initiatives and preventative education strategies. This is part of a longer term plan to move into communities most at risk of road trauma and investigate ways of collaborating with local individuals and organisations in the area.

Road Trauma Support WA also collaborated with Road Trauma Support Service Victoria (RTSSV), SARA (Safer Roads and Highways) and the Australian Road Safety Foundation to promote national road safety campaigns, Shine a Light on Road Safety during Yellow Ribbon National Safety Week in May and Fatality Free Friday on May 27 garnering significant media coverage and exposure.



The **Know Injury** team has been garnering a strong reputation building the capacity of health professionals involved in the injury prevention and safety promotion sector since its inception in 2014. The team has been busy coordinating professional development opportunities for the sector including training and networking seminars and events.

The Know Injury team launched CONNECT.ed - a peer to peer online networking platform - in July last year. CONNECT.ed is an effective and easy tool for time-poor industry professionals who would like to connect with other professionals in the field but perhaps haven't had that opportunity to do so face-to-face. Click [here](#) if you'd like to join the network.

The team also conducted three regional visits to Northam, Karratha and Bunbury, offering training and networking opportunities across the state with a focus on effective program evaluation. At Northam and Karratha the team took the opportunity to host the Regional Network Group outside Perth and to provide a focus on injury prevention projects in those regions. They provided a great opportunity to meet with key stakeholders in regional Western Australia and get a better understanding of their professional development needs and to raise awareness about what ICCWA does and how the organisation and its programs can support their work in injury prevention and recovery.

In October last year, Know Injury hosted the Knowledge Exchange - a two day event held in the Perth CBD - featuring a host of specialist speakers in the field of injury prevention and health promotion. The event was designed to help

practitioners develop their skills in planning, implementing and evaluation injury prevention projects. The event was very successful and provided a great opportunity for metropolitan and regional colleagues to get together and share ideas and challenges.

Key team members also attended the Australian Injury Prevention Network annual conference at the University of Sydney in November last year which focused on innovation and the impact of injury prevention in a changing world. This provided an opportunity to network with key stakeholders, find out about the latest trends in injury prevention and promote the unique activities ICCWA is conducting in Western Australia.

In the first half of 2016, Know Injury training has focussed on social media and training for Aboriginal Health Workers. The team delivered a series of three, one hour social media webinars on the effective use of social media including Social Media Analytics, Building Successful Facebook Pages and Getting Stories in the Media. The team ran two training events for Aboriginal Health Workers including the Universal of Truth and Introduction to Health Promotion, which were both well attended and well received.