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Nine Steps To Stay On Your Feet[®]

Be Active

Manage Your Medicines

Manage Your Health

Improve Your Balance

Walk Tall

Foot Care and Safe
Footwear

Regularly Check Your
Eyesight

Eat Well For Life

Identify, Remove and
Report Hazards

Step 1: Be Active

Regular physical activity can reduce the risk of falling, as it helps to:

- Increase muscle strength
- Improve flexibility
- Improve balance
- Maintain bone density

The best kinds of physical activity get muscles, bones, heart and lungs working at a level the body can manage. Physical activity can include:

- Regular household activities - active gardening and walking the dog
- Activities that focus on balance - Tai Chi, yoga and Pilates
- Recreational activities - swimming, cycling, dancing, golf and lawn bowls
- Strength training or fitness classes - aerobics or aqua-aerobics

Individualised comprehensive programs can be conducted by physiotherapists or at falls clinics. Physical activity can also reduce social isolation, depression and fear of falling while improving quality of life, sleep and a sense of wellbeing.

Falls Update - Falls Risk Management Tool

The Falls Prevention Community of Practice, which includes the Falls Prevention Health Network, has developed and endorsed a single version of the Falls Risk Management Tool (FRMT) for open access use by all health services. The use of the FRMT will help to ensure a uniform approach to falls risk management across the state.

The FRMT provides an assessment guide for health professionals to identify falls risk patients and develop a management plan specific to the individual patient. The tool also helps to encourage a multidisciplinary management approach to patients who are at risk of falling

The tool is available for download via the following link:

http://www.healthnetworks.health.wa.gov.au/projects/falls_risk.cfm

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New Living Longer Living Stronger™ Tiered Health System and Website

Linking the Health and Fitness Sectors

Nathan Trengove, Active Ageing Project Manager (pictured)



The Living Longer Living Stronger™ (LLLS) program, supported by the Department of Health is Western Australia's premier strength training and exercise program for the over 50s. The program provides the seniors of WA with the opportunity to participate in individual, fully supervised, strength training programs whilst in a social, non-intimidating environment.

The program, initially developed in Victoria, has grown to include over 70 providers across the state of WA since its inception in 2004, catering for around 6,000 participants weekly. The program is continuing to grow and has secured providers in Geraldton, Northampton and Moora in recent times.

LLLS has seen the need to improve links and communication with the health sector to improve confidence in the program. As a result LLLS has developed a new tiered health system to ensure all participants are getting an appropriate exercise program to meet their health needs. Providers of the LLLS program include gymnasiums, health & fitness centres, rehabilitation facilities, community health centres, community recreation centres and physiotherapy and exercise physiology clinics.

All LLLS providers now have a tier one or tier two rating. Tier one providers have an accredited exercise physiologist or physiotherapist who assess and supervise the LLLS participants. Tier two providers have fitness professionals who have completed the LLLS Instructor Training course. This course is a two day intensive course led by an Edith Cowan University Post-Graduate Lecturer in Exercise Physiology.

People with chronic health conditions or in need of injury rehabilitation can now be referred to one of our tier one providers who possess the qualifications, skills and knowledge to provide a safe and effective exercise program to effectively manage these conditions.

Participants may also be eligible, depending on their condition, to be referred into the program as part of the Medicare Allied Health Initiative. The new Medicare allied health and dental care initiative allows chronically ill people who are being managed by their General Practitioner under an Enhanced Primary Care (EPC) plan access to Medicare rebates for allied health services

Participants may also be able to claim a Private Health Fund rebate (depending on their level of cover) if they see an exercise physiologist or physiotherapist at a tier one Living Longer Living Stronger™ provider.

“To coincide with the new tiered health system a brand new stand alone website was created for Living Longer Living Stronger™”

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Tier one providers are now available in the following suburbs/regional areas: Attadale, Bedford, Churchlands, Claremont, Como, East Fremantle, Joondalup, Kalamunda, Melville, Northam, Osborne Park and Spearwood.

To coincide with the new tiered health system a brand new stand-alone website was created for LLLS. It can be viewed at the address www.lllswa.asn.au. This new website contains in depth information for participants, instructors and very shortly, GPs and allied health professionals.

The participant's page outlines all the relevant details including what to expect from a session, what is included in the assessment, how much does it cost and a list of all providers of the program including contact details.

The instructor's page outlines information regarding the two day training course as well as future dates and registration forms. Training is open to anyone with a minimum Certificate III in Fitness and is recognised as a continuing education program with Fitness Australia and Exercise and Sports Science Australia.

The website also has an instructor log in area which is used as a professional development tool for our instructors. The log in is available to those that have completed the two day course. It contains a research section dedicated to research on exercise and health in older adults. It lists all upcoming professional development courses relevant to the fitness industry, as well as social events and fortnightly LLLS instructor updates.

We are currently redeveloping the website to include a referral page. This page will enable GPs and other allied health professionals (such as occupational therapists and physiotherapists) to refer directly into the program. A quick and easy online referral form will be available as well as a list of all our providers' email addresses. On completion this form can be sent directly to the required provider, reducing the time and hassle usually involved.

LLLS is currently looking for dedicated providers to join the program as tier one providers. This includes physiotherapists and/or exercise physiologists. If you're interested and have a gym or rehabilitation centre available please don't hesitate to contact us.

Promotional material is also available and includes DL brochures, A4 provider lists and A2 posters. Material is available to be ordered from the Council on the Ageing (COTA) WA office. Any further questions or queries can be directed to Nathan Trengove, Active Ageing Project Manager, COTA WA on (08) 9321 2133 or ntrengove@cotawa.asn.au

Do you like what you see?

What are your thoughts on our e-Bulletin?

Please fill out this quick and easy 1-minute [Survey](#)

“Living Longer Living Stronger™ is currently looking for dedicated providers to join the program as tier one providers.”

Check out these websites

(Click on the links)

[WA Health Networks](#)

[Stay On Your Feet WA® Website](#)

[ICCWA Website](#)

[Online Publication Order System](#)

[Falls Prevention Model of Care for the Older Person](#)

[Living Longer Living Stronger™](#)

...Are you aware of services available to encourage seniors to Be Active?

The Injury Control Council of WA (ICCWA) has six mall walking groups around the metropolitan area; Garden City, Karrinyup, Armadale, Belmont, Phoenix and Bull Creek. ICCWA also supports the Rockingham Shopping Centre mall walking group. For more information on these walking groups contact Leanne Gledich on (08) 9420 7212 or lgledich@iccwa.org.au.

The Heart Foundation also runs around 30 open walking groups in both the metropolitan and regional areas. For more information on location and registration access the website:

<http://www.heartfoundation.org.au/sites/walking/Pages/default.aspx>.

Seniors can contact their local council for information on walking groups and other activities in their area.



Have Your Say...

To write a response or comment about this article, please email:

[Stay On Your Feet WA®](mailto:StayOnYourFeetWA@transport.wa.gov.au)

Walk Week 2010 – Online Corporate Walking Challenge

The Department of Transport's Online Corporate Walking Challenge is back for another year! Commencing on the 1st October for 4 weeks, the walking challenge is a lead up to the 10th anniversary of Walk Week 2010 (1st - 7th of November).

In 2009, 516 participants in 129 teams took part in the challenge. Participants from a variety of workplaces wear a pedometer to track their daily step counts and record them into an online system at www.transport.wa.gov.au/walking

The Online Corporate Walking Challenge is designed to:

- Encourage people to replace short car trips with a walk;
- Positively increase physical activity levels of staff leading to increased productivity;
- Improve office social interaction and teamwork skills; and
- Foster a friendly sense of competition and fun.



Each member of the winning team will win a Fremantle Luncheon Cruise and a sports voucher. In addition, there is a random draw prize to stay 2 nights in Karri Valley Chalet for 2 persons valued at \$400. Throughout the challenge, there will also be various mystery prizes awarded to participants.

Registrations for the Online Corporate Walking Challenge will open in June 2010. If you would like more information about the challenge or to get involved, contact walking@transport.wa.gov.au



Have an Event Coming Up?

To include your event, contact:

[Stay On Your Feet WA[®]](#)

ICCWA Contact Details

City West Lotteries House
2 Delhi Street
West Perth 6005

Telephone: (08) 9420 7212
Fax: (08) 9486 7955

Email:

[ICCWA](#)

[Stay On Your Feet WA[®]](#)

Diary Dates

May		
6-8	Golden Opportunities Australian Practice Nurse Association (APNA) 2 nd Annual Conference Gold Coast, Queensland www.corporatecommunique.com.au/apna/index.html	
September		
12-18	Stay On Your Feet[®] Week www.stayonyourfeet.com.au	
30	Staying Active, Staying Safe - New Ways Forward for Injury Prevention in the 21st Century: A satellite meeting of the PHAA 40th Annual Conference Time: 9am - 5pm Venue: Adelaide Convention Centre, Adelaide Cost: \$50 for PHAA, AIPN members, \$80 for non-members http://www.phaa.net.au/40thPHAAAnnualConference.php	
October		
25-27	"Society, Regulators and Health Providers: a clash of expectations?" The National Forum on Safety and Quality in Health Care National Convention Centre Canberra, ACT www.sapmea.asn.au/forumsqhc2010/	
November		
3	Have A Go Day Seniors Recreation Council of WA Inc. Time: 8.30am – 3pm Contact: Dawn Yates on 9492 9773	
21-23	4th Australian & New Zealand Falls Prevention Society Conference Submissions close 30 June 2010 Notification of acceptance by 31 August 2010 Registration is not yet open. http://www.otago.ac.nz/fallsconference/index.html	

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