

Partner:



Department of Health



STAY ON YOUR FEET[®]

Move

Improve

Remove

REMOVE HAZARDS CAMPAIGN TOOLKIT

JOIN IN THE CAMPAIGN
1 September- 30 November



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About this toolkit



Remove Hazards

The Remove Hazards Campaign Toolkit provides all the information and campaign resources for health professionals and community groups to get involved in the Stay On Your Feet® Remove Hazards campaign. Inside this toolkit, you will find a campaign media schedule, ready to use social media posts and images, eSignatures, Injury Matters upcoming training and events calendar, and a facilitator's guide to host your own event.

Who we are

Injury Matters

Injury Matters aims to prevent and reduce the impact of injury within the Western Australian community.

We work to have a positive impact on the community as a quality, sustainable organisation committed to creating safer people and places. We raise awareness of injury prevention and recovery by providing education, advocacy, and support for those affected by the impact of injury.

Given the breadth and diversity of injury in Western Australia (WA), Injury Matters works across a range of current and emerging injury priority areas affecting the community. This includes falls, trauma recovery, community violence, substance-related harm, and safety promotion. We influence, empower and collaborate with people, agencies, communities, and governments for positive injury outcomes.

Stay On Your Feet®

Funded by the WA Department of Health, Injury Matters has delivered the Stay on Your Feet® Program since 2001.

Stay On Your Feet® is WA's leading falls prevention program for older adults living in the community. Stay On Your Feet® aims to prevent falls and falls-related injuries among older adults and promotes how to keep active and alert through the Move Improve Remove Campaigns; Move Your Body, Improve Your Health, and Remove Hazards to stay active and alert to prevent slips, trips, and falls.

About the campaign

Remove Hazards

Remove Hazards is one part of the Move Improve Remove messaging used to encourage older adults to stay safe, independent, and prevent falls. In addition to behavioural changes, it is important for older adults to make changes to their physical environment to minimise the risk of a fall. An individual's physical environment is of particular risk for older adults who have reduced physical, sensory or cognitive capacity.

The Remove Hazards campaign aims to educate older adults and health and community workers on the importance of creating safe environments, as well as looking after your eyesight and feet to prevent falls and promote healthy ageing.

Target Audience

The campaign is suitable for older adults living independently in the community.

Key Messages

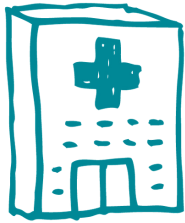
- Make your home safer by removing hazards in and around the house
- Look after your eyes and check your eyesight
- Take care of your feet to help you stay active and mobile
- Falls are preventable

Calls to action

- Use the Stay On Your Feet® home safety checklist to look for hazards in and around your home
- See an optometrist for eye checks every two years or if your vision changes
- Check your feet and see a podiatrist if you notice any changes
- Wear safe footwear that fits well
- Create a falls action plan
- Tell a GP if you have a fall

The Remove Hazards campaign will run from 1 September - 30 November 2020. Campaign information and activities are available through the [Stay On Your Feet® website](#) or by signing up to the [Falls Prevention eNews](#) for health and community workers, or the [News and Views eNews](#) for older adults.

Falls in Western Australia¹



Every 19 minutes someone was admitted to hospital due to a falls-related injury in 2018.



Every 26 hours someone died due to a falls-related injury in 2017.

27,327
falls-related hospitalisations in 2018
(26,338 in 2017).

Every 12 minutes someone presented to the emergency department due to a falls-related injury in 2018.



329
falls-related fatalities in 2017
(336 in 2016).



Individuals aged 85+ were most impacted by falls.

42,384
falls-related emergency department presentations in 2018
(43,408 in 2017).

Males experienced a higher rate of falls-related fatalities in 2017

Females experienced a higher rate of falls-related hospitalisations and emergency department attendances in 2018.

The Kimberley region had the highest rate of falls-related hospitalisations in 2018
(1,880 per 100,000 people).



In 2018 there were **28,044** falls incidents attended by St John WA.

This equates to a falls-related incident requiring an ambulance every **18 minutes**.³

Why is it important to Remove Hazards?

The Remove Hazards campaign focuses on the following three modifiable risk factors for falls.

Make Your Home Safer

There are many environmental hazards in and around the home, which can increase the likelihood of an individual experiencing a fall. In 2016-2017, 51% of all fall-related hospitalisations in people aged over 65 years in Australia occurred in or around the home.² Of that 51%, leading areas of the home in which falls were reported to have occurred were in hallways and entryways (39%), outdoor areas of the house (18%), bathrooms (12%), bedrooms (10%), and kitchens (7%).²

Injury Matters encourages creating a safe environment in the home and immediate home surroundings, including the garden to make your home safer. Common hazards around the home include poor lighting, clutter, uneven or slippery floors, loose carpets and rugs and pets. Risk-taking behaviours such as using unstable furniture to assist with movements can increase risk of a fall.³⁻⁵ Hazards outside of the home include hoses or garden tools left on the ground, uneven pavement, and dark pathways at night⁵. Fortunately, research findings support that home safety interventions can reduce the likelihood of individuals experiencing a fall, particularly among older people who are at a high risk.^{3 6 7} In order to reduce falls-related environmental hazards, the home environment should be checked and hazards removed to minimise the risk of falls.⁵

Check Your Eyesight

Older adults with vision impairment are twice as likely to fall than older adults without vision loss.⁸ A decreased visual function, particularly impaired clarity of vision, sensitivity with glare and contrasting colours, depth perception, and visual field size, can increase an individual's falls risk.⁸ Impaired visual function can affect an individual's pattern of walking, postural stability, balance control, and fear of falling, which in turn increases the risk of experiencing a fall.^{8 9 10} Additionally, multifocal glasses can increase an individual's risk of having a fall due to diminished contrast sensitivity and depth perception.¹¹

Injury Matters encourages older adults to get their eyes tested and to maintain healthy behaviours around their vision. Interventions which have the potential to reduce an individual's risk of experiencing a fall include; regular eye checks, the use of correctly prescribed glasses, cataract surgery, and the removal of tripping hazards in the home.^{10 11}

Why is it important to Remove Hazards?

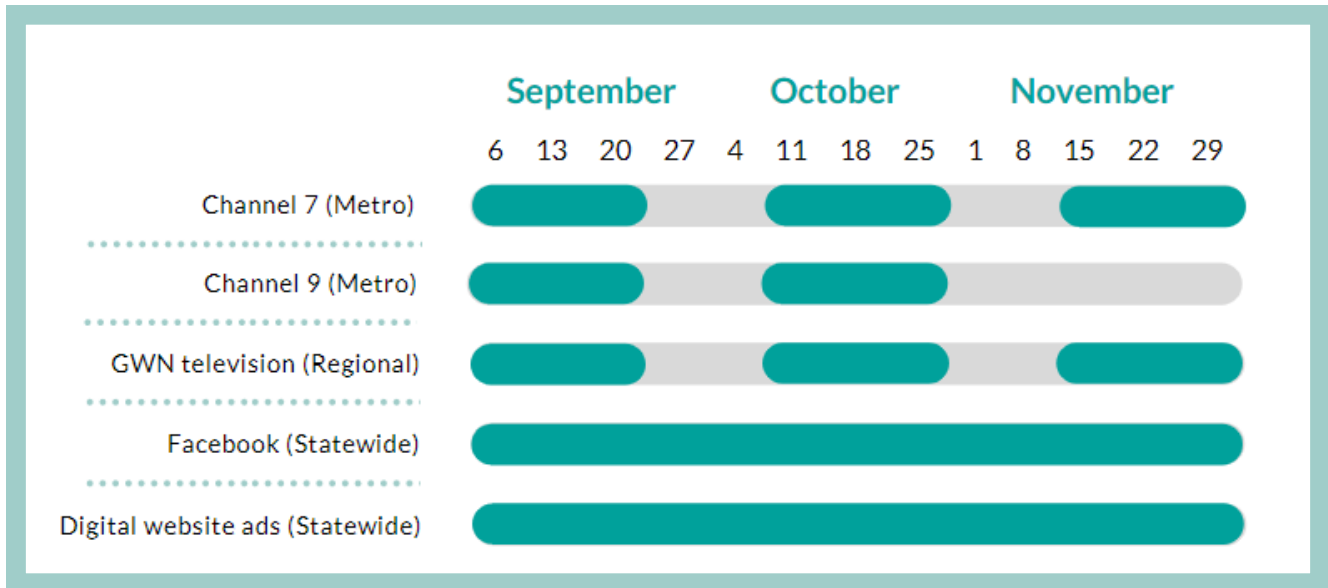
Wear Safe Footwear

Injury Matters encourages older adults to use footwear that supports balance and movement to reduce the risk of falls. As the only direct source of contact with the ground, footwear can affect an individual's posture, stability, balance, and walking pattern, influencing the risk of falls.¹² In addition to footwear, between 20-45% of older adults experience foot-related problems, with research findings indicating that foot-related problems such as foot pain, reduced range of motion, toe weakness, and toe deformity are risk factors for falls.^{13 14}

If foot-related concerns do present, older adults are encouraged to see a podiatrist to assess the need for improved footwear, treatment, or exercises to reduce the risk of injury.¹⁵ Characteristics of safe footwear include; thin and firm soles to improve foot position, adequate tread on the sole to prevent falls on slippery surfaces, a low square heel to improve stability, a high heel collar, and an appropriate fit to improve stability.^{3 16}

Media schedule

Follow the Stay On Your Feet® Remove Hazards mass media campaign on television, Facebook, and online advertising.



The Stay On Your Feet® Move Improve Remove and Remove Hazards advertisement videos can be viewed on the Stay On Your Feet® website at www.stayonyourfeet.com.au/over60/videos



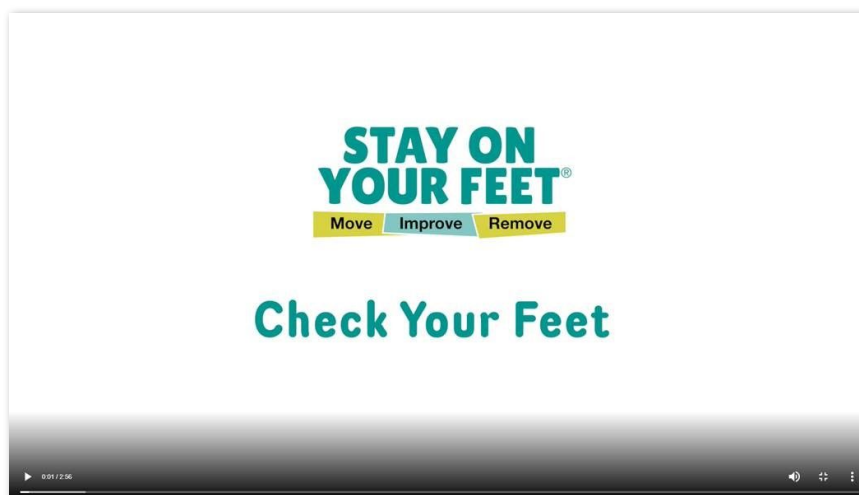
Get involved

Stay On Your Feet® videos

Make Your Home Safer with Frank and Tiddles is a short animation which provides simple information and tips on how to Make Your Home Safer to reduce your risk of having a fall, with a light-hearted twist through the characters Frank and his dog Tiddles.



The Check Your Feet video includes information for older adults to develop a regular self-care routine to maintain foot health.



Make Your Home Safer with Frank and Tiddles and Check Your Feet can be accessed on the Stay On Your Feet® website at www.stayonyourfeet.com.au/over60/videos or by clicking on the images above.

Get involved

Stay On Your Feet® free brochures and booklets

Stay On Your Feet® resources can be ordered free of charge to support your patients or clients at www.injurymattersquickmail.com.au.

Click on the images below to download the following Remove Hazards resources.



Shoe Safety Checklist can help older adults to assess if their shoes are safe.



Move, Improve. Remove booklet and action plan covers the Stay On Your Feet® key messages for falls prevention and can be a great tool for older adults to write down their personal goals.



The **Lense Cloth** will help older adults keep their glasses clean.



Home Safety Checklist Have your client take this home to help identify hazards or use the [online version here](#)



(Download only)
Up Off The Floor-Arms can help older adults learn how to get up off the floor with their arms after a fall



(Download only)
Up Off The Floor-Knees can help older adults learn how to get up off the floor with their knees after a fall.

Get involved

Connect with social media

We encourage you to use the ready-to-go posts and images below on your Facebook, Twitter, and Instagram accounts. Remember to tag @stayonyourfeet and like our Facebook Page.

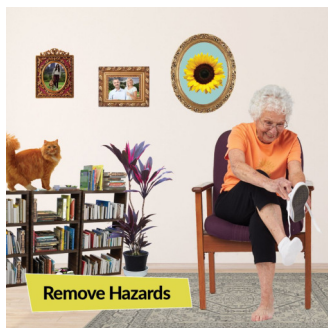
Download the social media posts, images, and eSignatures by clicking on the images below.

Social media posts



Post 1:

Save the day, move stuff outta yer way, Kaye. Get rid of slip and trip risks in your home. Find more tips at www.stayonyourfeet.com.au or call 1300 30 35 40.



Post 2

Take care of your feet, Marguerite. Wear safe footwear that fits well, and regularly check your feet and see a podiatrist if you notice any changes. Find out more at www.stayonyourfeet.com.au or call 1300 30 35 40.



Post 3:

You've watched your step, onya Pep! Removing hazards can help prevent falls. Visit www.stayonyourfeet.com.au or call 1300 30 35 40.



Post 4:

Eyesight trouble, get your peepers checked on the double. Reduce the effects of changing vision. Find out more at www.stayonyourfeet.com.au or call 1300 30 35 40.

Promote the campaign with our e-Signatures

Adding an image to your email signature is a great way to promote the Remove Hazards campaign key messages. Click on the images below to download the eSignatures.

eSignature 1:



eSignature 2:



eSignature 3:



Attend a training, event or class

Injury Matters delivers a range of workforce development opportunities for health and community professionals who work with older adults. To keep up to date with our upcoming training and events sign up to the [Falls Prevention eNews](#) or visit the [Stay On Your Feet® training and events calendar](#).

Falls Prevention eLearning

Injury Matters provides free eLearning modules that focus on strategies for falls prevention. The modules are suitable for those who work with older adults, including fitness instructors, therapy assistants, and peer exercise leaders. The modules provide professional development for those who want to increase their understanding of falls, age-related changes, and the impact these can have on function, mobility, and falls risk.

[eLearning module 1: Introduction to Falls Prevention](#)

[eLearning module 2: Exercise Strategies and Screening for Falls Prevention](#).

eDirectory

The Stay On Your Feet® e-directory is a great way to promote your health and wellbeing or falls prevention programs to community members. You can also search for a program for your clients. Visit [Stay On Your Feet®](#) to add your program or search for a falls prevention program in your community.

Book a promotional display



Book a Make Your Home Safer Promotional Display for your community centre, waiting room or event.

- Includes an A5 size pocket to display the Stay On Your Feet® Home Safety Checklist
- Features the characters from the Make Your Home Safer with Frank and Tiddles animation

[Book through the Stay On Your Feet® website](#)

Stay On Your Feet® community events

Have Injury Matters attend your event

Peer educators and staff at Injury Matters are available to attend community events such as expo's fairs and open days. We can hold short presentations and host display tables across Perth, and with enough notice and availability in regional locations.

Book a free community presentation

Injury Matters offers free Move Improve Remove, Move Your Body, Improve Your Health and Remove Hazards presentations for community groups. The presentations are delivered by peer educators who are trained to deliver falls prevention messaging using adult learning techniques to engage older adults. The 45-minute presentations take the participants through simple steps that they can use to prevent slips, trips and falls.

Presentations are tailored for older adults living independently in the community and are available in the Perth metropolitan and Bunbury area. If you are in a regional area, you might like to download one of our facilitator guides, which will take you through the steps of delivering a presentation. [Click here to book a presentation](#) or call 1300 30 35 40.

If you aren't in an area where community presentations are available, Injury Matters also has a [Move Improve Remove presentation video](#) which can be accessed online and played for your community group.

Host a Remove Hazards event

Use the Stay On Your Feet® Remove Hazards facilitator guide on page 18, to deliver a 45-minute education session. For information on how you can make your presentation accessible for older adults access the [Department of Local Government and Communities Disability Access and Inclusion Plan](#).

Promote your event

Use the [Stay On Your Feet® event poster](#) to advertise your Remove Hazards event. The poster can be downloaded in word document format so that your event details can be easily customised.

Use the Remove Hazards media release on page 15, to promote your upcoming event in the local paper.

Media Release

Remove Hazards, Stop Falls

Injury Matters has launched the latest Stay On Your Feet® campaign, Remove Hazards to combat falls in older adults through small changes to their homes and health.

Falls are preventable but are a growing issue for Australia's ageing population. According to research, almost half of falls resulting in hospitalisation occur in the home.¹

The Remove Hazards campaign focuses on home safety, eyesight and foot health to prevent falls.

REPRESENTATIVE said, "Simple changes such as replacing torn carpets, removing mats, making sure your home is well lit, your eyesight is healthy and wearing supportive footwear can go a long way to preventing falls in and around the home."

"Healthy habits like regular eye and foot checks also support you to stay independent and safe," **[she/he/they]** said.

It is recommended to have your eyes checked with an optometrist every two years, or if you notice any changes in your vision. Similarly, get to know your feet, and discuss any changes or concerns with a podiatrist.

"Our feet provide support and balance to our whole body through our movement. Foot pain or problems may cause difficulties with simple things like walking, housework or shopping. Over time, foot problems can reduce mobility leading to a loss of independence," **[Mr/Ms REPRESENTATIVE]** said.

"By regularly checking your feet and noting any changes or pain, your podiatrist can work with you to improve your foot health," **[she/he/they]** said.

Stay On Your Feet® has a range of useful resources to help West Australians reduce their risk of falling, including a home safety checklist, shoe safety checklist and falls action plan available at www.stayonyourfeet.com.au.

Injury Matters' Chief Executive Sandy Lukjanowski said, "1 in 3 people over the age of 65 have a fall each year, with some resulting in serious injury and hospitalisation, but falls are preventable - they don't just happen. By removing hazards, you can reduce your risk of having a fall."

Injury Matters coordinates Stay On Your Feet® which promotes how to keep active and alert through the Move Improve Remove campaigns and prevent slips, trips and falls.

For more information visit www.stayonyourfeet.com.au or call 1300 30 35 40.

Photo Opportunity: (You can ask the Stay On Your Feet® team for a photo)

Media Contact:

REFERENCE

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STAY ON YOUR FEET®

Move

Improve

Remove

Remove Hazards

Facilitator Guide

About this guide

The Remove Hazards facilitator guide is designed for health professionals and community workers to deliver a falls prevention presentation to older adults living in the community. The guide provides information and session plans for the Remove Hazards campaign theme, specifically around how to make your home safer, vision, and foot health. The tools included will help you to hold a group presentation or individual conversations with older adults.

The purpose of the guide is to prompt an open discussion among older adults on the campaign key messages, including:

- Make your home safer by removing hazards in and around the house
- Look after your eyes and check your eyesight
- Take care of your feet to help you stay active and mobile
- Falls are preventable

Try to keep an open dialogue with the group and encourage everyone to share their opinions.

Time

The education session is approximately 45 minutes in duration and can be adapted by the presenter as required.

Facilitator resources include:

- [Remove Hazards PowerPoint presentation](#)
- [Remove Hazards event poster](#)
- Remove Hazards quiz (page 32)
- Remove Hazards media release (page 15)

Stay On Your Feet® resources:

- [Stay On Your Feet® Make Your Home Safer Animation \(only available online\)](#)
- [Stay On Your Feet® Foot Health Video \(available online\)](#)
- [Stay On Your Feet® Home Safety Checklist](#)
- [Stay On Your Feet® Shoe Safety Checklist](#)
- Stay On Your Feet® Up Off The Floor Posters ([Arms](#) and [Knees](#))
- [Stay On Your Feet® Move Improve Remove booklet and action plan](#)

You can order the above resources for free at www.injurymattersquickmail.com.au



Section 1: Introduction - What is a fall?

Session tools:

- Remove Hazard PowerPoint slides 1-6

Question: When we talk about falls, what do you think of? Have a chat to the person next to you about what you think a fall is. Would anyone like to share?

- If a person loses their footing on a slippery surface and lands on their backside, is that a fall?
- If a person is getting out of bed, feels dizzy and inadvertently drops back onto the bed, is that a fall?
- If a person stumbles over a hazard walking up the stairs and drops down onto their hands and knees to protect them, is that a fall?
- If a person loses their footing going up a ladder and they drop back down to ground level on their feet, is that a fall?

ANSWER: The World Health Organization defines a fall as:

"An unexpected event which results in a person coming to rest on the ground floor or lower level."

All of the examples above are a fall, as each time the person inadvertently landed on a lower level than they anticipated. Not all falls end up with the person on the ground. You might fall back onto your bed or chair, or you might be able to correct or catch yourself just in time to prevent a fall.

Section 1 continued

Why are falls an issue?

- Maintaining our health is essential if we want to keep doing the things that we like to do. By maintaining our health, we can help prevent against a fall and protect ourselves if we do have a fall.
- 1 in 3 people over 65 years have a fall each year.
- Half of all people over 80 have a fall each year.
- Whether we realise it or not, a fall is the leading reason why older adults go to hospital. In fact, in WA, someone is hospitalised for a fall every 19 minutes, rides in an ambulance every 18 minutes and admitted to an Emergency Department every 12 minutes due to a fall-related injury.
- The average length of time spent in hospital from a fall-related injury in WA is six days.

To prevent a fall, it is important to understand what puts you at risk of a fall. Falls are multi-factorial, and the risk of falling increases with the number of risk factors. It is the interaction of personal factors, which are a person's biological or physical ability, behaviours and environmental factors, which are features in the physical environment around us. Today we are going to talk about ways we can keep healthy, stay active and prevent and protect ourselves against a fall by Removing Hazards.

By Removing Hazards, we can reduce the environmental factors that can contribute to having a fall, such as rugs, poor lighting and garden tools. By having your vision checked by an optometrist and seeing a podiatrist, we can also reduce the personal factors related to eyesight and feet that can contribute to you having a fall.



Section 2: Why is it important to Remove Hazards?

Session tools:

- Remove Hazards PowerPoint slide 7

Introduce the topic of Remove Hazards and the four campaign key messages:

- Make your home safer by removing hazards in and around the house
- Look after your eyes and check your eyesight
- Take care of your feet to help you stay active and mobile
- Falls are preventable

Determine what the group of older adults already know about falls prevention and the campaign key messages with the following question.

Question: Why is it important for you to Remove Hazards to reduce your risk of having a fall?

ANSWERS:

- Move safely around the home and garden
- Stay independent in the home and community
- Complete everyday activities, such as shopping and gardening
- Play with the grandchildren
- Keep doing the activities you enjoy.



Section 3: Make your home safer by removing hazards in and around the house

Session tools:

- Remove Hazards PowerPoint slides 8-12
- Make Your Home Safer with Frank and Tiddles video

Your home should be a safe and comfortable environment for you to live in, however hazards can be found inside and outside your home. When these hazards combine with risk factors such as poor vision, weak bones, unsafe footwear and the side effects of medication, the risk of having a fall increases.

Question 1: Would anyone like to share any hazards in their home?

ANSWERS:

Common hazards include:

- Poor lighting
- Carrying shopping bags or handbags
- Unstable furniture that is used as a walking aid
- Objects on the floor, stairs or dangling from the furniture
- Loose mats, rugs and slippery floors
- Uneven floors, shower hobs and stairs
- Wet and uneven paths.
- Tools or other garden objects left on the lawn or garage
- Pets

Identifying hazards is the first step in finding solutions to reduce your risk of falls.

Section 3 continued

Question 2: What can you do to make your home safer?

ANSWERS:

- Remove rugs, mats, slippery tiles and objects on the floor
- Ensure you have enough lighting and turn lights on
- Clean up spills immediately
- Move your furniture to create larger walkways
- Keep everyday objects in easy to reach areas
- If you need assistive equipment, speak to your GP or care provider
- If you have a fall always make sure you let someone know
- Use a personal alarm or keep a mobile phone close in the case of a fall

If you have access to a computer or screen, you can play the [Stay On Your Feet® Make Your Home Safer with Frank and Tiddles video](#). The video provides information and simple ideas to Make Your Home Safer.

Referral recommendations:

- Visit your GP
- Professionals from Indigo offer expert advice on equipment, building and design for home safety and can conduct a general home assessment.
- Speak to your Home and Community Care provider about your concerns and ask for a home safety assessment.



Section 4: Look after your eyes and check your eyesight

Session tools:

- Remove Hazards PowerPoint slides 13-16

As we get older, our vision begins to change and deteriorate. Many of these changes are very gradual, so they often go ignored or unnoticed. Our vision helps us to maintain our balance and identify hazards and obstacles in our environment to navigate around them. It is important that we get our eyes tested every two years. Speak to your GP or optometrist if you notice any changes in your eyesight, such as clouded vision, sensitivity to light, difficulty with vision at night or dry or watery eyes.

Question 1: When is the last time you visited your optometrist and got your eyes tested?

ANSWER: It is recommended to have your eyes tested every two years if you have no other pre-existing eye conditions.

Question 2: What are some signs that your vision may be changing?

ANSWERS:

- Constant frowning or squinting
- Frequent blinking
- Head tilting or turning
- Rubbing the eyes
- Holding reading material close to the face
- Poor hand-eye coordination or clumsiness
- Falls or bumping into items
- Missing the cup when pouring drinks.

Section 4 continued

Question 3: What can you do to improve and maintain your vision?

ANSWERS:

- Have your eyes checked every two years by your GP or optometrist
- Wear properly fitted glasses, as advised by your optometrist
- Take time to adjust to new lenses
- Make sure bifocals fit correctly
- Avoid wearing someone else's glasses.
- Ensure your glasses are clean and and put them on before getting out of bed


Question 4: What are some modifications you can make around the home to help you see better?

ANSWERS:

- Ensure there is good lighting and consider the placements of lights in your house. You can ensure your house has good lighting by increasing the strength of light globes, using a torch, adding lamps and increasing natural light.
- Avoid patterned carpets and furniture.
- Put contrast strips on the edge of stairs, changes in floor surfaces and shelves to help see depth.
- Mark pillars, poles and other structures that obscure walkways.
- When moving from an area of different light, for example moving from inside to outside , stop and hold onto a steady object while your eyes adjust.
- Clearly mark glass doors at eye level and ensure door handles contract with the door. Reduce glare by using blinds or curtains and matte surfaces for tables and surfaces.

Referral recommendations:

- Speak to your optometrist and ask for an eye check every two years if you are 65 years or over or if you notice any changes to your vision.



Section 5: Take care of your feet to help you stay active and mobile

Session tools:

- Remove Hazards PowerPoint slides 17-21
- [Stay On Your Feet® Shoe Safety Checklist](#)

We need good shoes to support our feet. Our shoes are our direct source of contact with the ground, so the shoes we wear can affect our posture, stability, balance, safety and gait. If we are not well supported, how can we stand tall, walk or move around efficiently? The main functions of shoes are to support the feet and protect them from extreme temperatures, moisture, hazards in the environment, injury, and to assist us with daily activities. Shoes that do not fit well can cause discomfort, injury and permanent foot problems. Wearing shoes which hurt our feet can alter our walking and cause us to be off-balance.

Question 1: Let's have a look around the room at what shoes we are all wearing. Who thinks they have a good shoe? Who thinks their shoes could make them more likely to have a fall?

ANSWERS: Characteristics of a safe pair of footwear include (use the [Stay On Your Feet® Shoe Safety Checklist](#) as a visual guide):

- Heel height of less than 2cm
- Slip resistant sole
- Bevelled (rounded) heel
- Firm heel collar
- Laces, straps, elastic, velcro or a buckle to hold firmly to the foot

Section 5 continued

Self-care: You can keep your feet healthy as you age through proper maintenance, care and regular check-ups with your podiatrist.

Here are some things you can do:

- Daily moisturising of your feet. Your skin is the first line of defence to infection so keep it healthy and flexible; not dry and fragile.
- If you can cut your toenails yourself, make sure you trim them just short of the end of the toe using a strong pair of nail clippers.
- After clipping, smooth the nails with a file or emery board using downward strokes away from the body.
- It is also important to have your feet measured frequently as the bones in your feet change with age. This ensures that you choose shoes that fit well and are comfortable. Where possible, ask for your feet to be measured when buying shoes.
- Clean between your toes daily. Use a mirror if you are unable to see your feet and between your toes.
- Visit your podiatrist for an annual check-up and to assess the nerve and blood supply to your feet.

If you have access to a computer or screen, you can play the [Stay On Your Feet® Check Your Feet Video](#). The video includes information for older adults to develop a regular self-care routine to maintain foot health.

Referral recommendations:

- See your podiatrist immediately if you have any concerns or visit annually for check-ups.
- See your GP if you have a chronic disease. Your GP can refer you to a podiatrist under the Chronic Disease Management Program, which provides up to 5 subsidised treatments under Medicare.
- Podiatry WA and the Australian Podiatry Association have [several resources](#) on looking after ageing feet and correct footwear.



Section 6: What to do if you have a fall

Session tools:

- Remove Hazards PowerPoint slide 22
- Stay On Your Feet® Up Off The Floor Posters (Arms and Knees)

Falling at home can be very startling and upsetting. If you do have a fall at home:

- Try not to panic.
- Stay calm, remain positive and assess the situation.
- Check yourself for injuries (e.g. pain, cuts, bruises).
- Decide whether you can get up safely. Assess the equipment around you that could support you in getting up.
- Consider your options for help (e.g. family members, neighbours, ambulance).

If you can get up safely:

- Roll onto your side and push up onto your hands and knees.
- Use stable furniture or anything stable nearby to support yourself.
- Stand up slowly and safely. Most people find it most comfortable to stand up by getting into a kneeling position, placing their strongest leg forward and then pushing up to stand.
- Sit down and rest.
- Tell someone you have fallen and see your GP.

Section 6 continued

If you can't get up safely:

- It is important that you get someone's attention. You could make a loud noise, try to reach for a phone to call an ambulance or a friend or family member, slide or crawl to the front door, or press your personal alarm.
- Stabilise any injuries and apply basic first aid.
- Make sure you conserve your energy and lie down until someone who can help arrives.
- Use any pillows or blankets within reach to stay comfortable and warm.
- Once help has arrived, tell someone you have fallen and see your GP.

Hand out a copy of the Stay On Your Feet® Up Off The Floor Posters ([Arms](#) and [Knees](#)) to the group. Encourage everyone to keep a copy at home where they can see it, such as on the fridge.



Section 7: Summarise and review

Session tools:

- Remove Hazard PowerPoint slides 23-24
- Remove Hazards quiz
- Stay On Your Feet® Home Safety Checklist

It is a good idea to summarise and review the session, and ask the group to think about what they can do each day to keep healthy, stay active and prevent and protect themselves against a fall by Removing Hazards.

- **Action plan:** Hand out the Stay On Your Feet® Home Safety Checklist.

Ask the group to split into pairs and discuss what actions they will do each day, week or month to keep healthy, stay active and prevent and protect themselves against a fall by Removing Hazards. Encourage everyone to write down the activities or goals in their action plan at the back of the resource. Writing down actions can help to provide motivation, a sense of purpose and pride in accomplishment. The actions should be simple and realistic.

Quiz : Take the Remove Hazards quiz. Depending on time, you can ask the group to call out the answers or write them down and review them.

Summary: Re-discuss the Remove Hazards key messages with your audience.

The Remove Hazards key messages are:

- **Make your home safer by removing hazards in and around the house**
- **Look after your eyes and check your eyesight**
- **Take care of your feet to help you stay active and mobile**
- **Falls are preventable**

Thank the group for attending.



STAY ON YOUR FEET®

Move

Improve

Remove

Remove Hazards Quiz

1. What are the Stay On Your Feet® Remove Hazards campaign key messages?

Answers:

1. Make your home safer by removing hazards in and around the house
2. Look after your eyes and check your eyesight
3. Take care of your feet to help you stay active and mobile
4. Falls are preventable

2. What are 3 things you can do to make your home safer and remove hazards?

Answers can include:

1. Remove rugs, mats, slippery tiles and objects on the floor
2. Ensure you have enough lighting and turn lights on
3. Clean up spills immediately
4. Move your furniture to create larger walkways
5. Keep everyday objects in easy to reach areas
6. If you need assistive equipment, speak to your GP or care provider
7. If you have a fall always make sure you let someone know
8. Use a personal alarm or keep a mobile phone close in the case of a fall

3. If you have no pre-existing eye conditions, how often should you see an optometrist to get your eyes tested?

Answer: Every 2 years



4. What are the five elements of safe footwear?

Answers:

1. Heel height of less than 2cm
2. Slip resistant sole
3. Bevelled (rounded) heel
4. Firm heel collar
5. Laces, straps, elastic, velcro or a buckle to hold firmly to the foot

5. The Stay On Your Feet® Up Off the Floor Posters show you two ways you can get up off the floor. What are they?

Answer:

1. Knees
2. Arms

Partner: Department of Health
Stay On Your Feet WA
injury matters PREVENTION TO RECOVERY

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Remove Hazards



1


What is a fall?

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A fall is an unexpected event, which results in a person coming to rest on the ground or other lower level



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3

Falls in WA

Every 19 minutes someone was admitted to hospital due to a falls-related injury in 2018.

Every 12 minutes someone presented to the emergency department due to a falls-related injury in 2018.

1 in 3 people over the age of 65 experience a fall each year



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4

Personal factors can cause falls



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5

Environmental factors can cause falls



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6

Remove Hazards

- Make your home safer by removing hazards in and around the home.
- Look after your eyes and check your eyesight.
- Take care of your feet to help you stay active and mobile
- Falls are Preventable




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Make your home safer by removing hazards in and around the home




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Make Your Home Safer

There are many hazards in and around the home:

- Poor lighting
- Carrying shopping bags or handbags
- Unstable furniture that is used as a walking aid
- Objects on the floor, stairs or dangling from the furniture
- Loose mats, rugs and slippery floors
- Uneven floors, shower hobs, stairs
- Wet and uneven paths
- Tools and other garden objects left on the lawn or garage
- Pets







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Once you've identified the hazards its time to remove them.

You might like to try:

- ✓ Tidying up, whether it be mopping a wet floor and putting items away
- ✓ Making repairs. You might like to ask your family or friend for help
- ✓ Installing safety features like extra lighting and non-slip surfaces
- ✓ Wearing appropriate clothing and shoes for the conditions



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Referral recommendations

- Visit your GP
- Professionals from Indigo offer expert advice on equipment, building and design for home safety and can conduct a general home assessment.
- Speak to your Home and Community Care provider about your concerns and ask for a home safety assessment.

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Look after your eyes and check your eyesight

Remove Hazards

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Signs your vision may be deteriorating

- Constant frowning or squinting
- Frequent blinking
- Head tilting or turning
- Rubbing the eyes
- Holding reading material close to the face
- Poor hand-eye coordination or clumsiness
- Falls or bumping into items
- Missing the cup when pouring drinks.

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Tips to improve your vision

- Have your eyes checked every two years
- Wear properly fitted glasses
- Take time to adjust to new lenses
- Make sure bifocals fit correctly
- Avoid wearing someone else's glasses
- Turn on extra lights in the dark
- Mark the edges of steps and glass doors



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Referral recommendations

Speak to your optometrist and ask for an eye check every two years if you are 65 years and over or if you notice any changes to your vision.

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Take care of your feet to help you stay active and mobile



Remove Hazards

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WHAT MAKES A SAFE SHOE?



STAY ON YOUR FEET
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Tips to keep your feet healthy

- Moisturise your feet daily
- Trim and file your toenails
- Ask for your feet to be measured when buying shoes
- Clean between your toes daily
- Visit your podiatrist for an annual check up.

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Check Your Feet

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Referral recommendations

- See your podiatrist immediately if you have foot concerns or visit annually for check-ups.
- See your GP if you have a chronic disease
- Podiatry WA and the Australian Podiatry Association resources

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What to do if you have a fall?

HOW CAN I GET UP OFF THE FLOOR? Using my hands

HOW CAN I GET UP OFF THE FLOOR? Using my feet

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Remove Hazards

- Make your home safer by removing hazards in and around the home.
- Look after your eyes and check your eyesight.
- Take care of your feet to help you stay active and mobile
- Falls are Preventable

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Contact Us

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