Using audiovisual technology to demonstrate the impact of Stay On Your Feet®

Presentation type: Photo/Video montage

Presenter (Authors): Catrina Wold[1], Roisin Sweeney[1], Dr Justine Leavy[2], A/Prof Jonine Jancey[2]
Affiliation: [1]Injury Matters, Leederville, Western Australia; [2]Collaboration for Evidence, Research and Impact in Public Health, Curtin University

Background:
Injury Matters has traditionally collected evaluation data via online and paper-based surveys for the Stay On Your Feet® program. This approach is valuable but it does not capture the personal story connected to engaging with the program. Audio-visual technology can effectively highlight personal experiences, which can then be used as an awareness-raising tool. The aim of this project was to investigate and showcase the personal impact of community member engagement with the Stay On Your Feet® program using audio-visual case studies.

Activity:
The Collaboration for Evidence, Research and Impact in Public Health at Curtin University, in partnership with Injury Matters, explored the impact of the Stay On Your Feet® program on community members and health professionals. Six individual case studies were undertaken, two of which were produced into a video format.

Conclusion:
The case study videos demonstrate how Stay On Your Feet® falls prevention messages and activities can improve an individual's quality of life. The community member video shows how engagement with the Stay On Your Feet® program improved their physiological health, including improved balance, muscle tone, gait, mobility and awareness of potential hazards, as well as increased social connections. The health professional case study demonstrates improved client physical mobility and gait, as well as confidence and empowerment to participate in falls prevention activities. The case study videos effectively portray the personal experiences of people engaging with Stay On Your Feet® to reduce the impact and incidence of falls and are effective awareness-raising tools for the future.