

Media Release

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## Make a Move on Falls Injuries: Falls Report 2022

Injury Matters has today launched the latest [Western Australian Falls Report](#), supported by the Stay On Your Feet® Move Your Body campaign, to encourage falls prevention action in the WA community.

Falls remain a significant public health issue facing the WA economy and community, ranking as the leading cause of injury hospitalisations in WA. The Report shows that someone died every 25 hours due to a falls-related injury in 2019; resulting in 354 Western Australians losing their lives. The Report is now available to access at [www.injurymatters.org.au](http://www.injurymatters.org.au).

Falls prevention is key for healthy ageing, and the Stay On Your Feet® Move Your Body campaign aims to raise awareness among older adults on the importance of physical activity for healthy ageing and independence.

Injury Matters Injury Prevention Manager, Samantha Menezes said, "1 in 3 people aged over 65 have a fall each year. Falls can cause serious injury and hospitalisation, but they are preventable. You can reduce your falls risk by incorporating strength and balance activities in your daily life, eating well, and reviewing your medications and alcohol use with your doctor."

"Older adults can access free resources, information and our eDirectory of classes on our website to get started on their falls prevention journey." Ms Menezes said.

Injury Matters will join the City of Swan for a free Safe-tea Fair on 29 September 2022 where older adults can learn how to build their balance and strengthen their legs with free assessments, guest speakers, tai chi demonstrations and service stalls. All older adults living in the community, Carers and family members are welcome.

Thursday 29th September 2022 from 10am-1pm at Swan Districts Senior Citizen Centre,  
21 Junction Parade Midland.

Register at <https://www.eventbrite.com.au/e/move-your-body-safe-tea-fair-tickets-387317736777>

For health and community workers helping older adults to stay healthy and independent, the campaign offers information and resources providing simple, practical tips to promote ways to move your body to prevent falls.

Find out more about the Stay On Your Feet® program and how to prevent falls at [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)

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For further information, interview, and photo opportunities, contact Ashleigh Kostecki, Communications and Marketing Coordinator, on 6166 7688 or [communications@injurymatters.org.au](mailto:communications@injurymatters.org.au).