

Falls Management Strategies-Queensland Health- Stay On Your Feet®







(Extracted from Healthy Steps update May 2009)

The project team, including SEA-GP (Brisbane), is happy to announce that the 2008-2009 version of **Queensland Stay On Your Feet® Healthy Steps: Brisbane South** healthy active ageing resource directory is now available in hard copy and as a printable file, downloadable from http://www.health.qld.gov.au/southside/SOYF_healthy_steps.pdf

This means local information that encourages active and independent lifestyles and assists with implementing appropriate falls management strategies, is readily accessible to both health care providers and consumers. An important component of the directory is links to medication management and the **Home Medicines Review** initiative.

Hard copies of this resource will be delivered to all SEA-GP (Brisbane) practices by their Practice Liaison Officers in the coming months.

Significant achievements:

-  Healthy Steps data is now listed on QFinder; Queensland Health's directory of health and community services. QFinder is accessible by anyone at www.qfinder.qld.gov.au and uses a simple database search engine to provide users with a list of services/activities relevant to their needs or location.
-  Numerous sessions have been conducted to introduce Healthy Steps to QEII health service providers, including Divisions of General Practice, community-based professional groups and other organisations such as DARRT & Ethnic Community Council of Queensland.
-  Logan Hospital included Healthy Steps as part of their "April Falls Prevention" promotion.
-  Healthy Steps provider and consumer feedback forms accompany the directory.
-  The information updating process can now be organised via QFinder's in-built annual automated system.
-  A Communication & Education Project Plan for Healthy Steps 2009-2010 has been prepared and endorsed

Partnership, Planning and Support

Thank you letters went out in April 2009 by email or post to all contributors and community supporters. Using the project communication plan framework, it is hoped to continue liaising with health care providers such as local Divisions of General Practice to expand access to general practitioners, chronic disease program coordinators and healthy lifestyle promoters within the health sector and the community.

Feedback and Evaluation

In consultation with partner, Brisbane South Population Health Unit (BSPHU), a provider and consumer feedback form has been designed for the Healthy Steps resource directory. The Provider feedback form will be made available with a hard copy of the resource directory to all GPs within the SEA-GP (Brisbane) boundary. There will also be linkage with BSPHU for formal evaluation methodologies. The unit is working closely with population health epidemiologists and the Stay on Your Feet project team.

Acknowledgements:

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- ③ Metro South Health Service District, Queensland Health
- ③ Southern Population Health Service, Queensland Health
- ③ Domiciliary and Allied Health Rehabilitation Team (DAART)
- ③ Ethnic Communities Council of Queensland
- ③ Fitness Queensland
- ③ Griffith University Lions Club
- ③ Heart Foundation - Walking
- ③ Optometrists Association Australia Qld/NT Division
- ③ Queensland University of Technology
- ③ South East Alliance of General Practice-Brisbane (Ltd)
- ③ Griffith University
- ③ The Pharmacy Guild of Australia
- ③ Tzu Chi Foundation
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