Community falls prevention presentations: participants with high verses low knowledge

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Injury Matters acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.

Our Reconciliation Action Plan can be found at [www.injurymatters.org.au](http://www.injurymatters.org.au)

Artwork: “Standing Strong” by Nerolie Byrnder Blurton
We’re for safer people and places.

Injury Matters aims to prevent and reduce the impact of injury within the Western Australian community.
Stay On Your Feet® is WA’s leading falls prevention program for older adults living in the Western Australian community which aims to reduce falls and fall related injuries while encouraging confidence in independent living.
Introduction

Move your body
→ Build your balance
→ Strengthen your legs

Improve your health
→ Check your medicines
→ Keep a healthy mind
→ Fuel your body

Remove hazards
→ Make your home safer
→ Check your eyesight
→ Wear safe footwear

Purpose

To assess the effectiveness of the Stay On Your Feet® peer presentations on participant knowledge, motivations and beliefs to prevent falls.
## Methods

### Pre & Post Survey

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I understand the reasons why people fall</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am motivated to reduce my risk of having a fall</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I think that falls can be prevented.</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Results

Between 2015-2018

75% Female
1% Aboriginal or Torres Strait Islander
11% English as a second language

Age:
21% were 69 year or less
40% 70-79 years
31% 80-89 years
8% 90+ years

Total n = 1,604
High Knowledge n = 1,414
Low Knowledge n = 190
Results: High knowledge

Knowledge  $p = 0.458$  
$d = 0.022$

Motivation  $p < 0.001$  
$d = 0.179$

Belief  $p = 0.045$  
$d = -0.051$
Results: Low Knowledge

Knowledge $p < 0.001$
$d = -1.264$

Motivation $p = 0.847$
$d = -0.051$

Belief $p < 0.001$
$d = -0.434$
Discussion

- Significantly influenced those with low knowledge
- High knowledge group reiterates their awareness
- Need to consider motivation within high knowledge group
- Consider methods to expand to greater population
Limitations

- People self-identify their knowledge
- Presenting to highly knowledgeable group
- Demographics do not mirror WA population
Pushing the Boundaries

Identifying effective activities for falls prevention

Knowledge Translation Strategy
Injury Matters is able to continue to make a difference in the Western Australian community through funding obtained from the state government, donations and income generated through our programs and services.