

## GP Fact Sheet: Fall Prevention Program

### Evidence

- Multi-component educational programs have overall had inconclusive results (Gillespie et. al. 2012).
- One successful program is Stepping On: ↓ falls up to **31%** (Clemson et. al. 2004). This multifaceted small-group (n = 12) fall prevention program aims to enhance self-efficacy and encourage behaviour change to adopt strategies to reduce falls.



### Key points

- An indication for referral is a history of a fall or if the person is very concerned about falling.
- Falls prevention programs such as Stepping On allow older people to get together in a group-setting to reflect on fall risks, discuss what they need to work on and encourage each other to take action. Group-based activities help participants to follow through with prevention strategies.
- The Stepping On program is a seven-week group-based activity for older people at risk of falling.
- The program looks at a range of issues and explains how to overcome personal risk factors contributing to falls. Topics covered include: exercise, home hazards, community safety, footwear, nutrition, bone health, vision, and medication management.
- It is an interactive program allowing participants to reflect on their fall risks, discuss what they need to work on and encourage each other to take action to address their fall risks. It helps them follow through with all the strategies.

### Referral and patient resources

- Find a Stepping On program in NSW: [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au) (NSW Active and Healthy website).
- Patient brochure: [Stepping On](#) (Northern Sydney Local Health District).
- If there is no fall prevention program in your area, it is recommended to refer your patient to a physiotherapist, exercise physiologist and/or a multidisciplinary team.

### References

Clemson, L., Cumming, R. G., Kendig, H., Swann, M., Heard, R., & Taylor, K. (2004). [The effectiveness of a community-based program for reducing the incidence of falls in the elderly: a randomized trial](#). *Journal of the American Geriatrics Society*, 52(9), 1487-1494.