



The National Strategy 2005-2015 Te Ārai i ngā Aitua Hinga Te Rautaki ā-Motu 2005-2015

PREVENTING INJURY FROM FALLS

Implementation Plan 2006-2010

Hon Ruth Dyson, Minister for ACC

FOREWORD



I'm delighted to present the Implementation Plan for New Zealand's Falls Prevention Strategy.

Launched in 2005, the Strategy provides a comprehensive framework for reducing the incidence and severity of injury from falls, and the impact of fall-related injuries on New Zealanders' health and wellbeing. It complements and supports the New Zealand Injury Prevention Strategy, which includes falls prevention as one of its six priority areas for action.

It's a tragic fact that falls are the leading cause of injury hospitalisation and one of the top three causes of injury-related death in New Zealand. This means they have an enormous impact at a number of levels – for the people injured and their families/whānau, for New Zealand's health care system and for the economy as a whole. This Plan aims to address that, with a range of activities for the next five years that are intended to ensure an effective, co-ordinated and nationwide approach to falls prevention, supported by a commitment to research, reporting and evaluation as well as a sustainable funding base.

The key to this Plan's success is effective collaboration among the wide range of groups and organisations involved in injury prevention. Specifically, it is essential for related government agencies and their activities to align with this plan, where appropriate. By working together and sharing information and resources, we can spread the falls prevention message wider, develop successful falls prevention programmes and ensure falls prevention principles become an integral part of products, systems, standards and environmental design in New Zealand. What's more, we can increase our knowledge and understanding of falls prevention so that whatever we do is 'best practice' in international terms. It must be noted that the list of government agencies mentioned is not exhaustive.

I would like to thank everyone involved in putting this Implementation Plan together. It's a vital step in improving New Zealand's performance in preventing injury from falls. By the year 2010 we should be well on the way to achieving the Falls Prevention Strategy's goals – and its vision of a New Zealand free of injury from falls.

A handwritten signature in black ink, appearing to read 'Ruth Dyson'. The signature is fluid and cursive, written on a white background.

Hon Ruth Dyson

Minister for ACC

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OVERVIEW

The New Zealand Injury Prevention Strategy (NZIPS) was launched in 2003 by the Minister for ACC to establish the government's strategic direction and framework to improve New Zealand's injury prevention performance. Six priority areas were identified; preventing injury from falls was one of these.

Two years later the Minister presented an Implementation Plan outlining a programme of activities and actions for the 2005/08 period to help achieve the NZIPS vision, goals and objectives. From this came the development of the national strategy, Preventing Injury from Falls.

Preventing Injury from Falls: The National Strategy 2005-2015 primarily addresses preventing falls where they happen most – at home, during sports or recreation activities, in social settings, at schools and early childhood education centres and in facilities for older adults, including rest homes and hospitals.

The Strategy focuses on unintentional injury caused by a fall. Injury that results from an intentional act (such as someone falling after being pushed) is outside its scope. It also does not address preventing workplace slips, trips and falls as these are a national priority area in the Workplace Health and Safety Strategy for New Zealand to 2015.

Its goals are to:

- reduce the incidence and severity of injury from falls
- reduce the social, psychological and economic impact of fall-related injuries on individuals, families/whānau and the community.



PREVENTING INJURIES FROM FALLS THE NATIONAL STRATEGY 2005-2015: IMPLEMENTATION PLAN

This Implementation Plan has been developed to further detail the actions and results required to start implementing Preventing Injury from Falls: The National Strategy 2005-2015 and to achieve its vision and objectives. This Plan should be read in conjunction with that Strategy.

The Plan covers the years 2006-2010 and must be considered as a flexible working plan that will be modified as priorities and activities change over time and as evidence and information are gathered. It was developed by the National Falls Prevention Strategy Implementation Plan Working Group (the Working Group), representing the falls prevention sector as well as the at-risk groups and environments identified in the Strategy. The Working Group was led by the Accident Compensation Corporation (ACC) and supported by the National Falls Prevention Strategy Stakeholder Reference Group (SRG).

AIMS

This Implementation Plan aims to:

- facilitate the co-ordination of funding, resources and research
- reduce the burden of fall-related injuries by providing a framework that highlights the avenues by which those involved with preventing falls can contribute to the Strategy's implementation.

OBJECTIVES

The Plan has five objectives consistent with the Strategy's goals.

- Build effective leadership and co-ordination in the prevention of injury from falls.
- Improve the gathering and dissemination of knowledge about the prevention of injury from falls.
- Develop and implement programmes and interventions that focus on the prevention of injury from falls, based on best practice.
- Create safer environments to prevent injury from falls.
- Ensure appropriate resource levels for the prevention of injury from falls.

OBJECTIVES AND PRIORITY ACTION AREAS FOR IMPLEMENTATION

Each objective has several key action areas. For each objective, one action area is identified as an implementation priority because its achievement is critical to achieving that objective.

Objective 1: Build effective leadership and co-ordination in the prevention of injury from falls

Priority action: **Create a sustainable leadership framework and obtain a commitment from key stakeholders to support the Strategy's implementation.**¹

This will involve:

- establishing a project team within ACC
- government and non-government stakeholders aligning their work programmes, funding bids and activities to the Strategy where appropriate
- developing an evaluation and monitoring framework for the Strategy.

Expected results include:

- a report detailing stakeholders' uptake of and alignment with the Strategy
- six-monthly reports to the NZIPS Secretariat and the Injury Prevention Ministerial Committee on progress in implementing the Strategy.

Further detailing of this objective begins on page 13.

Objective 2: Improve the gathering and dissemination of knowledge about the prevention of injury from falls

Priority action: **Ensure that falls injury prevention interventions are backed by proven and/or promising and best available evidence.**²

This will involve:

- investigating the current scope of activities in the falls injury prevention and management field.

Expected results include:

- a complete stocktake of current resourcing, research and evaluations, falls prevention activities and education and training opportunities in the New Zealand falls prevention sector.

Further detailing of this objective begins on page 20.

1. See Key action areas 1.1 and 1.3 on page 13 and 15

2. See Key action area 2.2 on page 21

Objective 3: Develop and implement programmes and interventions that focus on the prevention of injury from falls, based on best practice

Priority action: **Undertake evaluations and reviews of programmes and interventions.**³

This will involve:

- reviewing funding agencies' reporting and evaluation requirements and developing a simple evaluation/review guide for community injury prevention practitioners planning local-level projects.

Expected results include:

- evidence of key agencies aligning their intervention evaluation and reporting requirements and developing a planning and evaluation guide.

Further detailing of this objective begins on page 25.

Objective 4: Create safer environments to prevent injury from falls

Priority action: **Incorporate falls prevention principles into products, systems, standards and environmental design practices.**⁴

This will involve:

- engaging with the professions, industries and educators that help create safer environments.

Expected results include:

- a plan to engage industry and professional stakeholders in preventing injuries from falls
- evidence of greater information-sharing among key stakeholders, such as linked websites and memoranda of understanding (MoUs).

Further detailing of this objective begins on page 29.

Objective 5: Ensure appropriate resource levels for the prevention of injury from falls

Priority action: **Ensure falls prevention funding is sustainable at national and community levels.**⁵

This will involve:

- assessing existing funding levels.

Expected results include:

- funding reviews being undertaken by key agencies, with recommendations on their findings going to the Injury Prevention Ministerial Committee.

Further detailing of this objective begins on page 34.

3. See Key action area 3.3 on page 27

4. See Key action area 4.2 on page 30

5. See Key action area 5.1 on page 34

RESPONSIBILITY FOR DELIVERING THE PLAN

As the agency primarily responsible for delivering on the Plan's objectives, ACC has established a Falls Prevention Strategy Project Team (the ACC Project Team) to lead the implementation process. The ACC project team will also continue to be supported by the Working Group and the SRG in guiding actions and ensuring the sector continues to contribute to the implementation process.

The Working Group includes representatives from:

- ACC Injury Prevention Public Safety Programmes
- Auckland City Council Communities Living Injury Free
- Department of Building and Housing (DBH)
- Department of General Practice and Primary Health Care, University of Auckland
- Injury Free Counties Manukau – Pacific Peoples Focus
- Injury Prevention Network Aotearoa New Zealand (IPNANZ)
- Ministry of Health (MoH)
- New Zealand Injury Prevention Strategy Secretariat
- Pacific Injury Prevention Aukilana
- Royal New Zealand College of General Practitioners
- Royal New Zealand Plunket Society
- Taranaki District Health Board.

The SRG includes representatives from:

- Accident Compensation Corporation
- Age Concern New Zealand
- Alcohol Advisory Council of New Zealand (ALAC)
- Auckland City Council Communities Living Injury Free
- Auckland District Health Board
- Department of Building and Housing
- Department of General Practice and Primary Health Care, University of Auckland
- Disabled Persons' Assembly (Auckland) (a Pacific peoples' representative)
- Falls Prevention Research Group, University of Otago Medical School
- Grey Power
- Injury Prevention Research Centre, University of Auckland (IPRC)
- Injury Prevention Research Unit, University of Otago (IPRU)
- Institute of Sport and Recreation Research New Zealand, Auckland University of Technology
- Ministry of Consumer Affairs
- Ministry of Education (MoE)
- Ministry of Health (MoH)
- New Zealand Orthopaedic Association
- NZIPS Secretariat

- Royal New Zealand College of General Practitioners
- Royal New Zealand Plunket Society
- Safe Waitakere, Waitakere City Council
- Safekids New Zealand
- Sport and Recreation New Zealand (SPARC)
- Stay on Your Feet Canterbury, Canterbury District Health Board.

The number and range of lead and participating agencies in this Plan highlight the importance of a real commitment from many organisations to achieve each activity's expected results, and ultimately a successful reduction in fall-related injuries.

In collaboration with the Working Group and the SRG, the ACC Project Team will report on progress in implementing the Strategy through annual reports to the Minister for ACC and six-monthly reports to the NZIPS Secretariat and Injury Prevention Ministerial Committee. These reports will highlight new developments and key achievements, with special attention given to each objective's priority action area.

HOW TO USE THE IMPLEMENTATION PLAN

Each objective is presented in a table detailing:

- the **key action areas**: how the objective can be achieved
- **activities**: what is required for the key actions to take place
- the **results expected**: how the activities will look in practice
- the **timeline**: an estimated date or timeframe for the activities' completion
- the **lead agency**: the agency, group or organisation most likely to have the strongest links to the activities, either through leading a particular project or facilitating and co-ordinating input from other agencies, groups or organisations
- **participating agencies**: agencies, groups or organisations identified as having a close relationship with the proposed activities and that may be called upon to support them (e.g. by providing or disseminating information). Some agencies, groups and organisations have current or previous roles in the area and may be seen as 'key partners'. Note that the list is not intended to be exclusive, but to identify those likely to be involved in the activity.

Each objective is accompanied by brief examples of recent or current activities, illustrating innovation and leadership across the falls prevention sector.

This Implementation Plan is designed to be read in conjunction with Preventing Injury from Falls: The National Strategy 2005-2015. Organisations can use this Plan by identifying their status, within the plan, as a lead or participating agency, and the associated key action areas and activities.

An electronic copy of the Plan is available, which will enable users to search by categories such as agency or objective, and should encourage an easier alignment of work activities. Ongoing activity monitoring information is available. For more information visit www.fallstrategy.govt.nz.

IMPLEMENTATION DETAILS

Objective 1: Build effective leadership and co-ordination in the prevention of injury from falls

This objective involves creating a robust leadership framework to raise the Strategy's profile and gain commitment from key stakeholders to support its implementation.

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|---|--|-----------------------|---|
| 1.1 | 1.1.1 | | | | |
| Create a sustainable leadership framework to oversee, monitor and evaluate the Strategy | a) Establish and resource a Falls Prevention Strategy Project Team to lead the Strategy's implementation b) Ensure the Team's ongoing operation | The Project Team is established and functioning | 31 March 2006 | ACC | NZIPS Secretariat |
| | | Six-monthly reports on progress in implementing the Strategy go to the NZIPS Secretariat and the Injury Prevention Ministerial Committee | Ongoing from July 2006 | ACC Project Team | SRG NZIPS Secretariat |
| | | An annual report on progress in implementing the Strategy goes to the Minister for ACC and Parliament through the NZIPS annual reporting arrangement (See also reporting outputs under activities 1.1.4, 1.2.2, 1.3.1) | Ongoing from June 2006 | ACC Project Team | SRG NZIPS Secretariat Working Group |
| | 1.1.2 | | | | |
| | Convene the Falls Prevention Strategy Stakeholder Reference Group and a Working Group to guide the implementation of the Falls Prevention Strategy | Terms of references for groups are developed and reviewed as implementation progresses | March 2006 | Working Group and SRG | ACC Project Team |
| The Working Group meets at least three times per year (or as required) The SRG meets at least annually | | Ongoing from March 2006 Ongoing from April 2007 | Working Group SRG ACC Project Team | | |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|---|--|------------------------|------------------|--|
| 1.1 (continued) | 1.1.3 | | | | |
| Create a sustainable leadership framework to oversee, monitor and evaluate the Strategy | Strengthen collaboration with other government strategies, programmes and initiatives including: <ul style="list-style-type: none"> - NZIPS - other NZIPS strategies - Healthy Eating Healthy Action - Health of Older People Strategy - Health of Pacific Peoples - Positive Ageing Strategy - Drinking Culture Change Strategy - New Zealand Housing Strategy - New Zealand Health Strategy - Primary Health Care Strategy - Push Play (physical activity) | Opportunities for greater collaboration with the NZIPS Secretariat and NZIPS advisory groups are identified and pursued | December 2006 | ACC Project Team | NZIPS Secretariat |
| | | Opportunities for greater collaboration with other related strategies are identified and pursued | Ongoing from June 2006 | ACC Project Team | Groups and organisations leading other strategies |
| | | A report is produced and disseminated on initiatives undertaken to strengthen links between the Strategy and other related strategies, including: <ul style="list-style-type: none"> - reciprocal attendance at meetings - greater information-sharing - examples of joint projects and initiatives | Ongoing from July 2007 | ACC Project Team | Working Group SRG NZIPS Secretariat Groups and organisations leading other strategies |
| 1.1.4 | | | | | |
| Report on progress made to implement the Strategy | | A report goes to the Injury Prevention Ministerial Committee on the issues affecting implementation and possible solutions (See also reporting outputs under activities 1.1.1, 1.2.2, 1.3.1) | Ongoing from July 2007 | ACC Project Team | SRG Falls prevention sector Working Group NZIPS Secretariat |
| | | A Strategy evaluation and monitoring framework is developed, including the identification of appropriate indicators | December 2006 | ACC Project Team | SRG NZIPS Secretariat IPRU |
| | | Implementation progress is assessed and reported on | Ongoing from July 2007 | ACC Project Team | Statistics New Zealand Responsible organisations under the Plan |
| | | The Strategy is independently evaluated | June 2010 | ACC Project Team | Independent evaluation provider |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|--|---|---|----------------------------|------------------------------|---|
| 1.2 | 1.2.1 | | | | |
| Raise awareness about the Strategy among key stakeholders (This includes central government, local government, district health boards (DHBs), non-government organisations (NGOs), primary health organisations (PHOs) and service providers) | Disseminate information on the Falls Prevention Implementation Plan to the falls prevention sector | A communications strategy is developed and implemented | December 2006 | ACC Project Team | SRG Working Group ACC NZIPS Secretariat |
| | | The Falls Prevention Strategy website is regularly updated (at least four times annually) and its use surveyed | December 2006 | | |
| | 1.2.2 | | | | |
| | Encourage key stakeholders to promote the Strategy and Implementation Plan within their networks | The SRG and Working Group members advise the ACC Project Team of their initiatives to promote the Strategy to the wider sector and evidence of this is published on the Falls Prevention Strategy website | Ongoing from December 2006 | SRG members Working Group | ACC Project Team |
| | | A report on the uptake of the Falls Prevention Strategy is prepared and submitted to the Injury Prevention Ministerial Committee (See also reporting outputs under activities 1.1.1, 1.3.1, 1.4.1) | Ongoing from July 2007 | ACC Project Team | Falls prevention sector |
| 1.3 | 1.3.1 | | | | |
| Obtain commitment from key stakeholders to support the Strategy's implementation (These include central government, local government, DHBs, NGOs, service providers, community groups, employers, unions and the business community) | Encourage key central and local government stakeholders to align work programmes, funding bids and activities to the Strategy's content where appropriate | A plan is developed to strengthen the engagement of key central and local government stakeholders in falls prevention, which includes: <ul style="list-style-type: none"> - scheduling regular meetings of officials from key government agencies involved in falls prevention (including senior management and programme level meetings) - formalising relationships and defining roles and responsibilities (e.g. using MoUs) - ensuring outcomes and decisions are disseminated to the falls sector where appropriate | May 2007 | ACC MoH | SRG Working Group DBH Local government stakeholders Ministry of Social Development (Office of Older Persons) MoE Other falls sector organisations DHBs |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|---|--|------------------------|--|---|
| 1.3 (continued) | 1.3.1 (continued) | | | | |
| Obtain commitment from key stakeholders to support the Strategy's implementation (These include central government, local government, DHBs, NGOs, service providers, community groups, employers, unions and the business community) | Encourage key central and local government stakeholders to align work programmes, funding bids and activities to the Strategy's content where appropriate | Key government agencies incorporate the Strategy into their strategic and business plans and the development of policy and legislation where appropriate | August 2008 | Local government and central government agencies (including ACC, MoH, DBH, SPARC, the Ministry of Social Development, MoE) | |
| | | A report on the success of 1.3.1 is included in the report on the uptake of the Strategy submitted to the Injury Prevention Ministerial Committee (See also reporting outputs under activities 1.1.1, 1.4.1, 1.2.2) | May 2007 | ACC Project Team | Government organisations noted above |
| | 1.3.2 | | | | |
| | Promote the inclusion of the Strategy's goals and objectives in non-government stakeholders' business plans and work programmes where appropriate | There is evidence of key meetings and interaction between government agencies and the wider sector about falls prevention, and management initiatives are promoted | Ongoing from June 2006 | ACC Project Team | Falls prevention sector Business community |
| | | SRG and Working Group members incorporate the Strategy into their strategic and business planning processes and advise the ACC Project Team of how they have done this | July 2007 | SRG Working Group | ACC Project Team |
| | | Evidence of other sector organisations' alignment with the Strategy is collated and promoted | December 2007 | ACC Project Team | Falls prevention sector Business community |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|--|-----------------------------|--------------------------|--|
| 1.4 | 1.4.1 | | | | |
| Enhance collaboration and co-ordination in the falls injury prevention and management field | Identify current barriers to more effective collaboration in the falls prevention sector and promote potential solutions | A consultation exercise is undertaken with relevant community organisations to identify how they can contribute more to the Strategy's implementation at all levels | July 2007 | IPNANZ | Community organisations Local government stakeholders IPNANZ |
| | | A report is produced on the barriers to effective collaboration in the sector and possible solutions are identified | December 2007 | IPNANZ | ACC Project Team NZIPS Secretariat MoH DHBs Other falls sector organisations |
| | 1.4.2 | | | | |
| | Define the falls prevention sector and develop a strong sector identity | Falls prevention champions are identified, engaged and publicised to the sector | Ongoing from December 2006 | SRG Working Group | ACC Project Team |
| | | Information to better define the sector and help establish a sector identity is developed and disseminated. This could include: <ul style="list-style-type: none"> – developing a sector map(s) of key stakeholders and their broad roles and responsibilities – ensuring key falls prevention stakeholders are included in the NZIPS project to develop a national database of injury prevention providers – exploring options to enhance, promote and widen existing stakeholder networks | Ongoing from January 2007 | ACC Project Team | SRG Working Group Falls prevention sector |
| | 1.4.3 | | | | |
| | Strengthen sharing of best practice in the sector through a variety of media (e.g. international and national workshops and conferences, print material, website activities) | Examples of best practice falls prevention initiatives from DHBs are promoted to other service providers | Ongoing from September 2006 | DHBs ACC Project Team | District Health Boards New Zealand (DHBNZ) SRG Falls prevention sector MoH |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|---|----------------------------|--|--|
| 1.4 (continued) | 1.4.3 (continued) | | | | |
| Enhance collaboration and co-ordination in the falls injury prevention and management field | Strengthen sharing of best practice in the sector through a variety of media (e.g. international and national workshops and conferences, print material, website activities) | Successful community-level initiatives and interventions are identified and promoted across the sector through the Falls Prevention Strategy website and other channels | Ongoing from December 2006 | ACC Project Team to collate information received from sector | IPNANZ Community and sector organisations |
| | | Best practice examples of cross-agency falls prevention projects and initiatives are identified and promoted | Ongoing from June 2006 | SRG and Working Group members to help gather information | Government agencies, DHBs, PHOs, Plunket, Safekids, Age Concern and sport and recreation organisations |
| | 1.4.4 | | | | |
| | Promote New Zealand falls prevention research and intervention development to the international falls prevention community | Options are explored to strengthen collaboration internationally by e.g. <ul style="list-style-type: none"> - participating in international networks (e.g. Australian Falls Prevention Network and PROFANE) - encouraging key New Zealand falls prevention strategies and initiatives to be presented at appropriate international forums - encouraging international experts to visit and participate in New Zealand conferences | Ongoing from November 2006 | ACC Project Team IPNANZ | SRG Research community Working Group |

Example of objective one in practice: Leadership in injury prevention

In recent years the injury prevention sector has gathered strength and become increasingly co-ordinated in its approach, particularly across agencies and among NGOs, research institutions and local and central government.

The development of the NZIPS and supporting strategies, including the Falls Prevention Strategy, is evidence of an active and involved sector. Leadership and co-ordination come from many sources and can support collaborative partnerships between groups that have not historically worked together. Sector-wide conferences, such as Bold Perspectives, Shared Objectives (March 2005), provide for the dissemination of information, and debate, on injury prevention, including falls prevention. New Zealanders are showing leadership on the world stage too, by presenting our experiences to conferences such as the 8th World Conference on Injury Prevention, held in April 2006.

Co-operation and leadership create a basis for a strong falls prevention sector that can move forward in partnership with other injury prevention strategies and programmes.

Example of objective one in practice: Injury Prevention Ministerial Committee

An Injury Prevention Ministerial Committee was established in 2005 to oversee the NZIPS implementation and support and facilitate leadership in the injury prevention and safety sectors. Committee members include Ministers responsible for agencies that are leading the development and implementation of the NZIPS' six priority area strategies, and Ministers with portfolios that influence injury prevention and community safety.

The Committee met for the first time on 3 April 2006.

Objective 2: Improve the gathering and dissemination of knowledge about the prevention of injury from falls

This objective involves improving data quality, using best available evidence and sharing the results of data collected and research completed to strengthen falls prevention work.

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|--|---|---|----------------------------|---|--|
| 2.1 | 2.1.1 | | | | |
| Improve the quality of data on falls and fall-related injuries | <p>Investigate ways of enhancing falls injury datasets</p> <p>This work will build on Statistics New Zealand's efforts to advance work on the Injury Database Development project in its role as Injury Information Manager</p> | <p>Improved quality of information is reflected in the collection of datasets relating to:</p> <ul style="list-style-type: none"> - ethnicity, target groups, priority settings and emerging populations at risk from fall injuries - the causes, severity, circumstances and consequences of fall-related injuries | Ongoing from June 2007 | <p>Statistics New Zealand</p> <p>NZIPS Secretariat</p> <p>ACC</p> | <p>New Zealand Health Information Service (NZHIS)</p> <p>Research community</p> <p>MoH</p> <p>MoE</p> <p>Department of Labour (DoL)</p> <p>Health professionals</p> <p>ACC Project Team</p> <p>Other related government agencies</p> |
| | 2.1.2 | | | | |
| | Encourage better reporting of falls and fall injuries, including primary data capture and outcomes | Key indicators for falls are developed and used in researching, planning, implementing and evaluating falls prevention initiatives | Ongoing from November 2006 | <p>ACC Project Team</p> <p>IPRU</p> <p>NZIPS Secretariat</p> | <p>Statistics New Zealand (Injury Data Manager)</p> <p>ACC</p> <p>NZHIS</p> <p>Health professionals</p> <p>Research community</p> |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|---|----------------------------|---|--|
| 2.1 (continued) | 2.1.2 (continued) | | | | |
| Improve the quality of data on falls and fall-related injuries | Encourage better reporting of falls and fall injuries, including primary data capture and outcomes | Indicators to better measure and classify less serious fall injuries (threat of disablement) are developed. Measurement against these indicators is done annually | Ongoing from July 2007 | NZIPS Secretariat ACC Project Team IPRU Statistics New Zealand (Injury Data Manager) | Statistics New Zealand (Injury Data Manager) ACC NZHIS Health professionals Research community |
| | 2.1.3 | | | | |
| | Improve collaboration and information-sharing between agencies that collect data on falls and fall-related injuries | The feasibility of an integrated database for falls prevention is investigated | Ongoing from December 2006 | Statistics New Zealand (Injury Data Manager) | ACC NZHIS |
| | 2.1.4 | | | | |
| | Encourage the development of proposals to investigate the social and economic costs of falls and fall-related injuries | There is evidence that findings and methodology (such as from DoL work on the social and economic cost of injuries) are used in falls prevention-related research proposals | Ongoing from July 2007 | ACC NZIPS Secretariat DoL ACC Project Team | Research community MoH |
| 2.2 | 2.2.1 | | | | |
| Ensure that falls injury prevention interventions are backed by proven and/or promising and best available evidence | Investigate the current scope of activities in the fall injury prevention and management field including: <ul style="list-style-type: none"> – resourcing – research and evaluation – falls prevention activities – education and training opportunities | A stocktake is completed and key findings disseminated to the sector through the Falls Prevention Strategy website and other channels This work links to and builds on the NZIPS Secretariat's biannual stocktakes of the injury prevention sector | March 2007 | ACC Project Team NZIPS Secretariat | Falls prevention sector |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|--|----------------------------|--|--|
| 2.2 (continued) | 2.2.2 | | | | |
| Ensure that falls injury prevention interventions are backed by proven and/or promising and best available evidence | Work with research providers to identify and prioritise research needs and opportunities for funding and collaboration | Falls prevention research is identified and priority areas promoted | Ongoing from June 2007 | ACC IPNANZ MoH ACC Project Team | Research community |
| | | The establishment of a dedicated research fund is investigated (This also relates to 5.2.2) | August 2007 | ACC Project Team | Funders of falls prevention research Research community |
| 2.3 | 2.3.1 | | | | |
| Facilitate access to, and disseminate, falls injury research and data | Develop networks to disseminate information on falls injury prevention | Falls prevention and management activities are promoted through IPNANZ and other networks (as appropriate) | Ongoing from June 2007 | IPNANZ | Falls prevention sector |
| | 2.3.2 | | | | |
| | Ensure effective, efficient and consistent mechanisms are used to deliver information to priority groups and across settings | Dissemination mechanisms are reviewed and changes implemented if required | March 2007 | ACC Project Team SRG IPNANZ | Other organisations that disseminate information on falls prevention |
| 2.3.3 | | | | | |
| | Communicate research data to identify potential emerging population groups and settings for falls prevention programmes | Key findings are disseminated to the sector via appropriate media | Ongoing from December 2006 | ACC ACC Project Team MoH | IPRC IPRU IPNANZ Research community SPARC |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|---|----------------------------|---------------------------------------|--|
| 2.3 (continued) | 2.3.4 | | | | |
| Facilitate access to, and disseminate, falls injury research and data | Raise awareness of falls prevention and management research among health providers, local government, primary/secondary education providers, sports groups, pre-school care/education providers, residential care providers and other groups | Falls prevention management and research are promoted at NZIPS regional forums | Ongoing from June 2006 | ACC Project Team NZIPS Secretariat | IPNANZ Safe Communities Foundation New Zealand (SCFNZ) ACC |
| | | An events calendar for falls prevention activities is developed and disseminated to the sector through the Falls Prevention Strategy website and NZIPS e-newsletter | Ongoing from December 2006 | ACC Project Team NZIPS Secretariat | Falls prevention sector |

Example of objective two in practice: The Injury Prevention Research Centre

The IPRC is currently undertaking a case control study to determine the risk factors for non-fatal fall injuries in the home. The study concentrates on adults aged 25 to 59 years.

Researchers have identified cases of people admitted to hospital, including accident and emergency departments, after a fall in the home. The study will match these cases with controls – that is, people who are similar to the cases in age, sex, geographical area etc, but who have not been injured. The differences between the two groups will be the focus for analysis and the identification of any significant risk factors.

The IPRC expects to release a final report in June 2007. The findings will help to identify and prioritise strategies for preventing injuries from in-home falls in this age group.

Example of objective two in practice: The Healthy Housing Index Pilot Study

The Healthy Housing Index Pilot Study is a collaboration between the Housing and Health Research Programme (Wellington School of Medicine) and the Building Research Association of New Zealand, with funding and support from the Hutt Valley District Health Board, ACC and Hutt City Council.

The study aims to establish a well-defined, easy-to-use, validated measure of unhealthy or unsafe housing. The Healthy Home Index was expected to be developed by December 2006, with validation by early 2008.

Example of objective two in practice: The Safekids New Zealand Information and Resource Centre

The Safekids New Zealand Information and Resource Centre maintains a specialist collection of research materials and resources focused on the prevention and reduction of unintentional injury to children aged 0 to 14 years. It also provides information and help to people working in New Zealand to prevent unintentional injury to children.

The Information Centre provides a solid base of information on child unintentional injury and how it can be prevented, with most of its material reflecting a research- and evidence-based approach. Built up over 10 years, the collection can be accessed via a database that is also available on the internet.

Example of objective two in practice: Rosmini College injury prevention

Through a unique playground assessment programme for Years 7 and 8 students, Rosmini College in Takapuna has been proactive in bringing injury prevention methodology into the classroom.

Over a 12-month period, students gathered safety information from 160 playgrounds. These findings were collated and compared with subsequent site visits three months later. The data was used to identify solutions to the safety issues identified, which students then presented to injury prevention, health and council professionals.

Objective 3: Develop and implement programmes and interventions that focus on the prevention of injury from falls, based on best practice

This objective involves creating and using the best interventions to prevent injury from falls, promoting falls prevention messages nationwide and evaluating and reviewing those interventions.

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|---|------------------------|----------------------------|---|
| 3.1 | 3.1.1 | | | | |
| Develop and implement appropriate, proven and promising initiatives that prevent and reduce fall-related injuries | Develop and implement programmes for carers of children from birth to four years (e.g. stair guard programmes) | Programmes are developed, implemented and promoted in accordance with injury prevention principles ⁶ | Ongoing from June 2006 | ACC Plunket Safekids | MoE DBH Early childhood centres SPARC Well Child providers Kohanga reo Standards New Zealand Local government stakeholders |
| | 3.1.2 | | | | |
| | Develop and implement programmes for children aged five to 14 years | Programmes are developed, implemented and promoted in accordance with injury prevention principles | Ongoing from June 2006 | ACC Safekids | MoE Standards New Zealand DHBs Local government stakeholders |

6. Preventing Injury from Falls: The National Strategy 2005–2015 principles

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|--|----------------------------|--|--|
| 3.1 (continued) | 3.1.3 | | | | |
| Develop and implement appropriate, proven and promising initiatives that prevent and reduce fall-related injuries | Develop and implement programmes for older people in aged residential care and community dwellings | Programmes are developed, implemented and promoted in accordance with injury prevention principles | Ongoing from June 2006 | ACC MoH | Community Injury Prevention Programmes (CIPPs) SPARC Regional Sports Trusts |
| | | The reach of the Otago Exercise Programme (OEP) is increased (community based). Refer to Example of objective three in practice* on page 28 | Ongoing from May 2006 | ACC | MoH DHBs Age Concern NZ |
| | | The reach of the modified tai chi programme is increased (community based). Refer to Example of objective three in practice** on page 28 | Ongoing from May 2006 | ACC | Aged residential care providers Research community |
| | | The appropriateness of hip protectors, vitamin D and calcium supplements for high-risk groups, such as those in aged residential care, is investigated | Ongoing from August 2006 | ACC | Community Support Services for Industry Training Organisations (ITOs) Local government stakeholders Community falls prevention providers |
| 3.1.4 | | | | | |
| | Advocate the uptake of interventions and programmes to prevent injury from falls including: <ul style="list-style-type: none"> – addressing the role of alcohol in falls – cost modelling analysis – addressing the role of multi-pharmaceutical use in falls – promoting appropriate physical activity across the lifespan – home hazard assessments – addressing at-risk sport and recreation activities | Programmes are developed and implemented in accordance with injury prevention principles | Ongoing from June 2006 | SRG IPNANZ Working Group SPARC ACC | DHBs ALAC Schools Sports medicine organisations Head Injury Society SRG Working Group |
| | | Falls prevention components are linked into existing and new projects where appropriate | Ongoing from December 2006 | ACC MoH | |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|--|----------------------------|-------------------------|---|
| 3.2 | 3.2.1 | | | | |
| Promote falls prevention nationally | Develop consistent, innovative and effective messages using a variety of media to promote falls safety, including raising awareness about the prevalence and severity of falls | Appropriate resources for falls prevention programmes and interventions are developed and disseminated | Ongoing from August 2006 | ACC | Falls prevention sector MoH IPNANZ ACC Project Team |
| | 3.2.2 | | | | |
| | Work collaboratively to undertake a national promotion on falls and fall-related injuries | Links are developed with other organisations' activities/campaigns | Ongoing from June 2006 | SRG | |
| | A National Falls Day/Week is investigated | October 2007 | ACC | | |
| 3.3 | 3.3.1 | | | | |
| Undertake evaluations and reviews of programmes and interventions | Review funding agencies' reporting and evaluation requirements to ensure these are adequate | There is evidence that key funding agencies' falls prevention programme evaluation and reporting requirements are aligned and consistent | September 2007 | ACC Project Team MoH | Health Research Council (HRC) DHBs Local government stakeholders Research community ACC |
| | 3.3.2 | | | | |
| | Develop a simple and user-friendly evaluation/review guide for community injury prevention practitioners planning local-level projects | Planning and evaluation guides are developed, and appropriate training on the use of the guides is delivered | May 2007 | ACC Project Team MoH | IPNANZ Safekids Community falls prevention providers SRG Working Group |
| 3.3.3 | | | | | |
| | Ensure that activities and initiatives to prevent falls injuries also contribute to a reduction in inequality in New Zealand | Issues of inequality are identified, not exacerbated, and addressed in projects | Ongoing from December 2006 | SRG | Falls sector |
| | | The falls prevention sector is upskilled on inequality issues | Ongoing from December 2006 | IPNANZ | Falls sector |

Example of objective three in practice*: Partnership and older adult falls prevention

After a successful initial year of providing the OEP (an individually tailored home exercise programme delivered throughout New Zealand) in the Taranaki region, the Taranaki District Health Board extended it to enable a doubling in the number of participants. This was driven by the organisation's clear understanding of the value of falls prevention in terms of hospital admission rates and subsequent costs. ACC funded an initial 50 participants and the District Health Board a further 50. The results are both objective and subjective improvements in the majority of this group.

Example of objective three in practice**: Modified tai chi

Fear of falling, reduced leg strength and decreased balance are known risk factors for falls among older people. ACC has moved to address them by introducing modified tai chi classes for people over 65 years, or over 55 years for Māori and Pacific people.

The classes are specifically designed to prevent falls, and have been proven to reduce significantly the incidence of falls among older adults. As of January 2006, ACC has more than 200 class locations and more than 6,500 participants nationwide. The programme continues to grow, giving older adults improved strength and confidence.

Example of objective three in practice: Step Ahead: Auckland/Northland

The Step Ahead-Safe on Your Feet programme is designed to help older people to reduce their risk of falling by staying mobile and building strength. It consists of a training course where participants do a number of exercises covering, for example, goal setting, exercise and balance checks, medication issues, home and community safety, eyes and eye care, stress management and relaxation, foot care, and facts about falling. Participants have reported a reduced fear of falling after completing the course and in many instances have made changes to their environments and lifestyles.

Example of objective three in practice: Stay on Your Feet Canterbury

Stay on Your Feet Canterbury is a falls prevention programme for older adults that evolved from Elder Care Canterbury's 'fractured neck of femur' project. Based on the principle of older people helping older people successfully modelled in the Australian public health programme, Stay on Your Feet, it includes the Otago Exercise Programme.

Objective 4: Create safer environments to prevent injury from falls

This objective involves ensuring that New Zealand’s legislation reflects a falls prevention focus where appropriate, and incorporating falls prevention measures in products, systems, standards and environmental design.

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|--|--|---|-------------------------------|--|
| 4.1 | 4.1.1 | | | | |
| <p>Ensure New Zealand’s legislation and policy framework supports the prevention of injury from falls, where appropriate</p> <p>This activity also relates to activity 1.3. This work will be undertaken in conjunction with key activities outlined under Objective 4 of the NZIPS 2005/08 Implementation Plan</p> | <p>Promote the development of legislation, regulations, bylaws, standards and guidelines with a falls prevention focus</p> | <p>The falls section of the online NZIPS database on safety-related law and guidelines (available at www.nzips.govt.nz) is updated annually as required</p> | <p>Ongoing from June 2007</p> | <p>ACC Project Team</p> | <p>NZIPS Secretariat</p> <p>Central government agencies responsible for related legislation and standards, including:</p> <ul style="list-style-type: none"> - DBH - Ministry of Consumer Affairs - MoH - Ministry of Transport - DoL - Department of Internal Affairs - ACC <p>Standards New Zealand</p> <p>Consumer advocates</p> <p>Industry and professional bodies</p> |
| | 4.1.2 | <p>Ensure that practical and evidence-based guidance information is produced and promoted to help enable compliance with falls-related legislation and standards</p> | <p>Falls prevention guidance material produced by other key agencies is collated and promoted by the ACC Project Team. New guidelines may include:</p> <ul style="list-style-type: none"> - safety information for home DIYers and promotional resources - ladder safety modules for retailers - a playground safety standard handbook (SNZ HB 5828) | <p>Ongoing from June 2006</p> | |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|--|---|--|---------------|-------------------------|---|
| 4.2 | 4.2.1 | | | | |
| <p>Incorporate falls prevention principles into products, systems, standards and environmental design practices</p> <p>The emphasis will be across the Strategy's priority groups and settings</p> | <p>Engage with professions, industries, tertiary education facilities, sectors and key stakeholders that can help create safer environments</p> | <p>A plan is developed to engage priority industries, professions, organisations and groups in the creation of safer environments (with a falls prevention focus)</p> | July 2007 | ACC ACC Project Team | <p>Building and construction sector, including:</p> <ul style="list-style-type: none"> - designers, engineers, retailers etc - local government planners and environmental designers - manufacturers, retailers and wholesalers <p>Standards New Zealand</p> <p>Research community</p> <p>Government regulatory agencies, including:</p> <ul style="list-style-type: none"> - DBH - Housing New Zealand - MoH - MoE <p>SCFNZ</p> <p>SPARC</p> <p>ITOs</p> <p>Falls prevention sector</p> <p>ACC Project Team</p> |
| | | <p>Evidence is demonstrated of greater information-sharing of safer environment initiatives among stakeholders. For example:</p> <ul style="list-style-type: none"> - linking of websites - means to formalise partnerships explored (e.g. MoUs) - consultation with key stakeholders | December 2008 | SRG | |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|---|--|----------------------------|-----------------------|---|
| 4.3 | 4.3.1 | | | | |
| Promote the creation of safer environments including at the community level (with an emphasis on falls prevention) | Encourage the consideration of injury prevention in the early stages of the design and planning of urban/town public spaces | Injury Prevention Through Environmental Design guidelines (which include falls prevention) are developed and disseminated to all councils | December 2007 | ACC | Local government stakeholders Building and construction sector |
| | | The above guidelines are monitored and an annual report produced on their uptake and application, including key successes and limitations (with a focus on falls prevention) | Ongoing from December 2007 | ACC | |
| | 4.3.2 | | | | |
| Increase the awareness and use of fall hazard and risk management tools and practices across priority groups and settings | | Options are investigated for reducing barriers to implementing the recommendations of home hazard assessments | Ongoing from December 2007 | ACC MoH Plunket | Health and safety professionals Related health care professionals such as occupational therapists and physiotherapists Early childhood sector Residential care sector DHBs Community falls prevention providers Housing New Zealand |
| | | Ensure hazard management training modules for the aged residential care industry and the early childhood sector incorporate falls prevention components | December 2007 | ACC Plunket | |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|--|---|---|----------------------------|--|---|
| 4.3 (continued) | 4.3.3 | | | | |
| Promote the creation of safer environments including at the community level (with an emphasis on falls prevention) | Encourage the greater use of safety equipment and personal protective devices to reduce the incidence and severity of falls (Examples include ladders, scaffolding, stair guards, hand railings, hip protectors, helmets and playground surfacing) | Evidence is collected of the strategies implemented to promote the greater use of falls prevention safety/protective equipment across the Strategy's priority groups and settings | January 2008 | ACC Project Team to collate feedback from agencies' strategies | Ministry of Consumer Affairs MoH DBH Local government stakeholders Building and construction sector |
| | 4.3.4 | | | | |
| | Contribute to safe community initiatives, such as the World Health Organization's (WHO's) accreditations of New Zealand schools and communities. This work will be in collaboration with activity 5.1 of the NZIPS 2005/08 Implementation Plan | Key falls prevention activities and achievements identified as part of safer communities assessments are promoted and disseminated | Ongoing from February 2008 | ACC Project Team | Retailers and wholesalers (e.g. DIY stores) Regional Sports Trusts Sports clubs |
| | | Schools and communities that are undergoing WHO safer schools or communities assessments (or are already accredited) are encouraged to highlight their falls prevention work | Ongoing from June 2006 | | Safekids Plunket Aged residential care sector SCFNZ Community falls prevention providers PHOs ACC |
| 4.4 | 4.4.1 | | | | |
| Implement environmental strategies to reduce the incidence and severity of fall-related injuries | Increase knowledge of environmental risk (and protective) factors contributing to falls and best practice strategies to counter or enhance such factors | A report on key environmental risk and protective factors is produced and disseminated Links with 4.3.3 | February 2008 | ACC | Research community DHBS MoH |
| | | Resources and tools on environmental modification in the priority settings (home, aged residential care, places of sport and recreation) are produced and applied | Ongoing from February 2008 | | Local government stakeholders |

Example of objective four in practice: School gains WHO accreditation

Woodend School, north of Christchurch, is the first school in Australasia to gain WHO accreditation as a safer school. Its approach also encompasses MoE's requirement that all schools provide a safe physical and emotional environment.

From a falls prevention perspective, Woodend School provides a safer environment by conducting daily playground checks, including a report to the principal. More detailed checks are carried out on a monthly basis. The school has separate playgrounds for junior and senior students, lessening the risk of falls related to overcrowded equipment. Student input has been central to planning a safer school environment, at the same time preserving a fun atmosphere without over-regulation, and encouraging students to be active young people.

Example of objective four in practice: Hip protectors

Hip protectors are specially designed underwear garments that reduce fall-related hip fractures. However, getting older people to wear them is a widely acknowledged challenge. ACC has led a hip protector project, providing free hip protectors to 1,000 older people living in rest homes, private hospitals and dementia units – and Auckland University has been funded to evaluate their wearing rates over a six-month period, including ascertaining whether they were worn at the time of a fall.

Cost modelling has also been completed to determine the minimum level of compliance (wearing rate) required to justify a wider roll-out of the strategy. Results are promising and will be disseminated following completion of the final report (December 2006).

Example of objective four in practice: Ladder safety workshops

ACC developed ladder safety workshops for DIY retailers, which were piloted in the Nelson/Marlborough region enabling retailers to pass on their knowledge to customers. Feedback from the pilot has been positive and a number of resources are being developed and refined in preparation for extending the initiative.

Objective 5: Ensure appropriate resource levels for the prevention of injury from falls

This objective involves ensuring sustainable funding for the activities within this Implementation Plan and strengthening the falls prevention sector's capacity and capability.

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|---|---|----------------------------|--|---|
| 5.1 | 5.1.1 | | | | |
| Ensure falls prevention funding is sustainable at national and community levels | Assess existing funding levels devoted to falls prevention in the Strategy's priority groups and settings | Existing falls prevention funding is reviewed, with recommendations made on priorities for reallocation of funding or new funding requirements (e.g. for emerging groups and settings) | Ongoing from February 2008 | ACC MoH | Treasury HRC DHBs ACC Project Team |
| | | An annual report is presented to the NZIPS Secretariat and Injury Prevention Ministerial Committee on the state of funding and with any necessary recommendations for future funding arrangements | Ongoing from December 2008 | | |
| | | Information available on the cost and burden of injury from falls is collated and analysed against existing funding levels | December 2009 | Research community ACC Project Team | ACC MoH |
| | 5.1.2 | | | | |
| Explore means of enhancing the sustainability of falls prevention funding | Current falls prevention activity funders are identified and their priorities for funding widely promoted | | Ongoing from February 2008 | ACC MoH | SPARC Treasury HRC DHBs |
| | | Key government funding agencies jointly review their existing falls prevention funding and report on options to maximise funding opportunities (Also see 3.1.4) | Ongoing from December 2007 | | |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|---|---|---|--|--|
| 5.1 (continued) | 5.1.2 (continued) | | | | |
| Ensure falls prevention funding is sustainable at national and community levels | Explore means of enhancing the sustainability of falls prevention funding | Options are implemented to increase ease of access to funding, including: <ul style="list-style-type: none"> - better guidance information on funding criteria and decision-making processes - greater promotion of funding priorities and opportunities - joint funding partnership arrangements pursued to maximise falls prevention activity in priority settings and target groups | June 2007 Ongoing from July 2007 | ACC MoH | SPARC Treasury HRC DHBs Other related government agencies |
| | | Evidence of enhanced collaboration and co-ordination between funding agencies and funding recipients is identified and promoted | Ongoing from October 2006 | Funding organisations | CIPPs Falls prevention providers Community groups Local government stakeholders |
| 5.2 | 5.2.1 | | | | |
| Strengthen capacity and capability in the falls prevention sector | Assess gaps or shortages in the falls prevention workforce and implement initiatives to address these | A stocktake of existing falls prevention workforce development initiatives is completed and priority areas for action are developed (NB: this work will link with Objective 2 of the NZIPS 2005/08 Implementation Plan regarding capacity and capability in the wider injury prevention field) | February 2008 | MoH NZIPS Secretariat ACC Project Team | Education providers DHBNZ ACC |

| Key action areas | Activity | Results expected | Timeline | Lead agency | Participating agencies |
|---|---|--|----------------------------|-------------|---|
| 5.2 (continued) | 5.2.1 (continued) | | | | |
| Strengthen capacity and capability in the falls prevention sector | Assess gaps or shortages in the falls prevention workforce and implement initiatives to address these | Priority curricula, courses and training vehicles requiring falls prevention material are identified | Ongoing from June 2007 | ACC MoH | Tertiary education providers |
| | | Evidence of initiatives undertaken to engage education providers about falls prevention is produced and disseminated | Ongoing from December 2007 | | New Zealand Qualifications Authority (NZQA) |
| | | Options for including falls prevention material in appropriate curricula and training courses are pursued and key successes promoted | July 2008 | | Research community |
| | | Falls prevention information is included in continued professional development activities for health professionals | August 2008 | | MoE |
| | | Community-based qualifications in falls prevention and management are either identified and implemented or developed | September 2008 | IPNANZ | Tertiary education providers IPNANZ Related professional bodies ITOs |
| 5.2.2 | | | | | |
| Strengthen existing research capacity and encourage and support the expertise of researchers in falls prevention, management and evaluation | | Critical gaps or skills shortages in the research workforce are identified. (See 5.2.1 NZIPS findings) | February 2008 | ACC | Research community |
| | | The development of a falls prevention research action plan aimed at aligning research findings with implementation needs is investigated | December 2008 | ACC MoH | Research community |

Example of objective five in practice: Plunket and ACC – joint funding initiatives

In an average year, 1,380 children aged birth to four years are hospitalised as the result of a fall. Plunket and ACC are working together to fund initiatives designed to prevent fall-related injuries among infants and young children.

In selected areas, Plunket and ACC are running a Stair guard programme, which supplies and installs stair guards for families who would not otherwise have access to them, and instructs them in their correct use. This ensures that those at risk have access to appropriate resources for their needs.

In another joint initiative, ACC and Plunket are providing change mats to carers of infants, together with information that encourages them to change their babies on the floor. Infants can be severely injured if they fall from tables, chairs or benches while being changed. This nationwide programme includes follow-up information posted to clients when their babies are three, five and nine months old. Continued access to educational resources helps to reinforce key safety messages and targets joint agency resources at a group that can benefit from falls prevention information.

Example of objective five in practice: Continuum of care

A partnership between HealthWest PHO in Waitakere and ACC encourages the continuum of care through a holistic approach to older adults' falls and the interconnection of falls programmes (i.e. the OEP, tai chi, Green Prescription and Step Ahead). The partnership recognises the different levels of intervention and the flow between these levels, and highlights the interrelated support each programme provides.

Example of objective five in practice: Sustainability

Steady as You Go: Otago and Southland is a far-reaching regional programme that includes both an educational presentation on environmental and personal falls prevention strategies and tai chi as well as other strength and balance exercise classes.

A key outcome of the programme is the continuation of numerous strength and balance classes under the direction of peer educators. Each peer instructor receives training at the University of Otago Physiotherapy School and ongoing support and refresher training from Age Concern Otago. This opportunity to provide leadership roles to group members has been hugely influential in maintaining the programme's sustainability.

GLOSSARY

| | |
|---------------|--|
| ACC | Accident Compensation Corporation |
| ALAC | Alcohol Advisory Council of New Zealand |
| CIPPs | Community Injury Prevention Programmes |
| DBH | Department of Building and Housing |
| DHB | District Health Board |
| DHBNZ | District Health Boards New Zealand |
| DIY | Do it yourself |
| DoL | Department of Labour |
| HRC | Health Research Council |
| IPNANZ | Injury Prevention Network Aotearoa New Zealand |
| IPRC | Injury Prevention Research Centre (Auckland) |
| IPRU | Injury Prevention Research Unit (Otago) |
| ITO | Industry Training Organisation |
| MoE | Ministry of Education |
| MoH | Ministry of Health |
| MoU | Memorandum of Understanding |
| NGO | Non government organisation |
| NZHIS | New Zealand Health Information Service |
| NZIPS | New Zealand Injury Prevention Strategy |
| NZQA | New Zealand Qualifications Authority |
| OEP | Otago Exercise Programme |
| PHO | Primary Health Organisation |
| SCFNZ | Safe Communities Foundation New Zealand |
| SPARC | Sport and Recreation New Zealand |
| SRG | National Falls Prevention Strategy Stakeholder Reference Group |
| WHO | World Health Organization |
| Working Group | National Falls Prevention Strategy Implementation Plan Working Group |

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| | |
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