

Translating the Falls
Prevention Message

Collaborating with CALD
Communities



metropolitan
Domiciliary Care

Stay On Your Feet – Adelaide West

Project Aim

to reduce the fall related morbidity in the western region of Adelaide by improving early identification of falls risk and integration of falls prevention services for older community dwelling adults.

Collaborative Partners

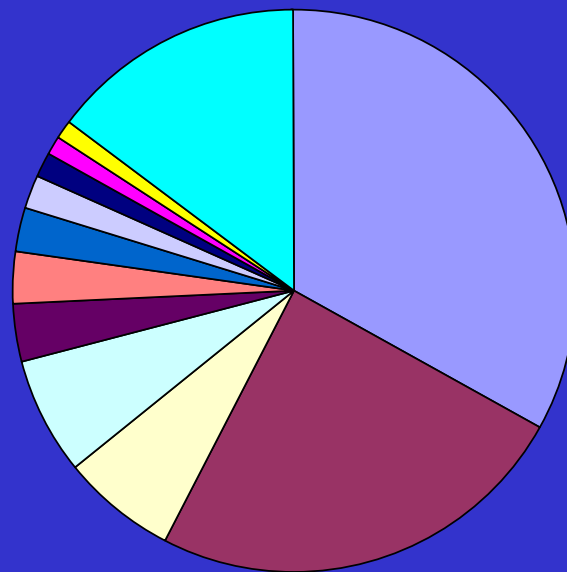
- Uni SA
- Adelaide Western Division of GP's
- Western Falls Prevention Network
- Health Promotion SA
- Active Ageing SA
- MDC multicultural consultant
- Osteoporosis SA
- COTA National seniors

Western Region of Adelaide

- 24.3% total population from CALD backgrounds (ABS 2001)
- Predicted increase of 21.8% in proportion of older CALD residents between 1996 and 2006 (Strategic directions for older people from culturally and linguistically diverse backgrounds, DHS, 2002)

Non-English Languages Spoken

Older People aged 65+, CALD Backgrounds, by main (non-English) language spoken at home, Western Region, projected 2006



Italian	33%
Greek	24%
Polish	6%
German	6%
Vietnamese	3%
Croatian	3%
Serbian	2%
Russian	1%
Cantonese	1%
Dutch	1%
Maltese	1%
Other	14%

Baseline Evaluation of services in the western region

- Persons from CALD backgrounds not accessing services in numbers corresponding to their populations
- No CALD specific services

CALD Strategy Aim

- To improve awareness and access to Falls Prevention information and services for both older people and workers

CALD Strategy

- Ethnic Link
- Greek Community Welfare Service
- Greek Welfare service
- ANFE (Italian Welfare service)
- SA Government Interpreting and Translating service
- CACP coordinators
- RSB Multicultural workers
- MDC Multicultural consultant
- Polonia services club
- Polish Federation community centre
- Ottoway Seniors Group
- CALD community newsletters

Key Strategies

- Identify existing services and networks and liaise and consult with bilingual and bicultural workers

Key Strategies

- Develop falls prevention messages that are meaningful to the CALD communities

Key Strategies

- Develop and deliver Falls Prevention education to bilingual and bicultural workers to enable them to provide education and support to older people at risk (to become “Spotters”)
 - Education sessions
 - Resource folders

Key Strategies

- Promote Falls Prevention for older people in bilingual, multilingual General Practitioner practices
 - Resource packages personally delivered

Key Strategies

- Work with service providers to tailor programs to specific cultural groups, in collaboration with CALD workers

Key Strategies

- Deliver Education to older people and their carers
 - Education sessions using interpreters and bilingual workers
 - Translated materials
 - Radio campaign

Translated materials

- Consult bilingual workers when choosing English text
- Keep words to a minimum
- Conversational style

Radio Campaign

Falls are a real concern for older people.

Ageing bones break more easily, injuries take longer to heal

....and the fear of falling can stop many people doing the things they love.

But it doesn't have to be that way! Falls don't have to be part of ageing.

Doctors and other health professionals can advise about simple ways to keep you from falling.

To find out more call Commonwealth Carelink on 1800 052 222

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