



MANTIENI LE TUE OSSA SANE E SICURE

Presentato da
Stay on your Feet – Adelaide West
e Osteoporosis SA



metropolitan
Domiciliary Care



Keep Your Bones Healthy And Safe

Presented by
Stay on Your Feet – Adelaide West
And Osteoporosis SA



Osteoporosis SA

1800 242 141

Keep Your Bones Healthy and Safe

- 4 weeks in duration
- 2 hour sessions with 20 minute morning tea break
- 2 health professionals
- Trained interpreter

Planning

- Consultation with Italian Community
- Consultation with ITC staff

Promotion

- Flyers- English and Italian
- Letters to GP's
- Radio Promotion

Participants

- 8 Italian speaking women
- Age range – 58-92

Course Aims

- Provide information about Osteoporosis and Falls Prevention using the principles of self-management
- Facilitate the development of skills of the participants to take a more active role in their own health management

Self Management and Course Delivery

- Resource folder
- Display materials
- Translated PowerPoint presentation
- Video
- Practical demonstration
- Allow time for interpreting

Topics Covered

Risk factors for
falling and
Osteoporosis

Nutrition and
sources of
calcium

Medications

Environmental
hazards

Exercise



Falls
prevention
services

Vision

Personal
action plans

Feet and footwear
problems

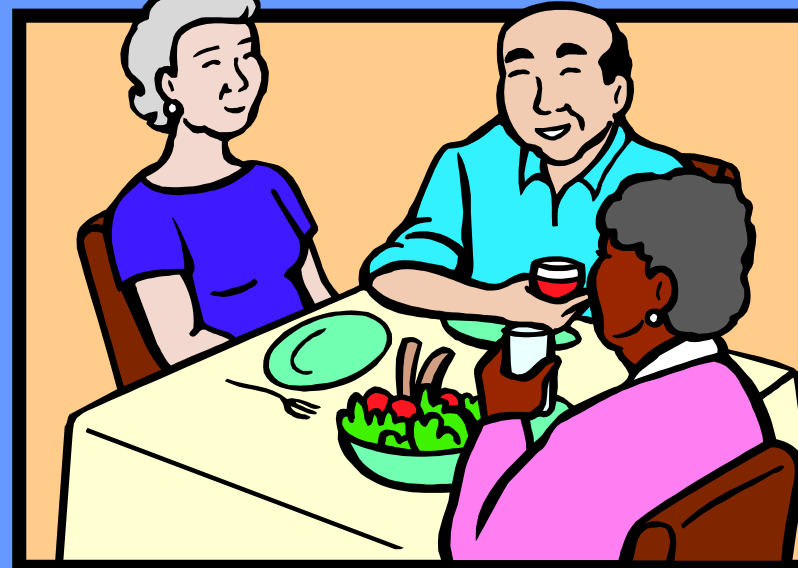
Harm
Minimisation

Nutrition

Nutrition for bone health

Healthy diet

Sources of calcium



Harm Minimisation

Hip and limb
protectors



Plan for calling for
help

Learning how to get
up

What can I do?

My personal actions

- Week 1. For stronger bones
- Week 2. To prevent falls
- Week 3. For good nutrition
- Week 4. For the future



Evaluation

Feedback form completed at end of course

Telephone interview 2 months later



Keep Your Bones Healthy and Safe

Effective in promoting behaviour
change in a group of Italian
women