

25 July, 2017

Stepping On helps address falls in the Chinese community

The South Eastern Sydney Local Health District in partnership with Bayside Council is holding a free seven-week falls prevention program at Rockdale Library starting Tuesday, 5 September for Mandarin-speaking residents aged 65 years and over.

Stepping On focuses on how to reduce the risk of falls occurring at home and in the community and highlights the importance of living independently.

On any given day, around 24 adults living in the District are hospitalised due to falls. Nationally, at least one in four people aged 65 years and over will have a fall each year, and this rate doubles in people aged 80 years and over.

As many falls are related to poor balance, Stepping On provides participants with tools to build leg strength and balance, and build confidence.

Guest speakers will also talk about how medications, hazards around the home, road safety and nutrition relates to falls prevention.

Registration is required for the program which runs weekly at Rockdale Library starting 5 September. For bookings contact: Brenda Leung on 9540 8259 or Brenda.leung@health.nsw.gov.au.

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