

## Helping seniors stay on their feet

With a focus on improving the region's access to Aged Care, a Western Sydney Falls collaborative between Western Sydney Primary Health Network (WSPHN), Western Sydney Local Health District (WSLHD) and NSW Ambulance will facilitate improvements to the delivery and accessibility of falls related care in western Sydney.

As part of the collaboration, WSPHN has re-commissioned two falls prevention programs to address identified gaps in the region.

These services will work closely with GPs, the WSLHD and NSW Ambulance to refine service accessibility so they can respond in a timely manner and access seniors who are difficult to reach.

Optimise your Balance is a free, evidence-based program delivered by accredited allied health professionals from Optimise Allied Health. Individuals will receive a comprehensive assessment followed by five in-home visits to address their falls risk factors. The program aims to improve equity of access to services by reaching seniors who have mobility or transport issues.

Still Standing is a free, 12-week strength and balance group exercise program delivered by an accredited exercise physiologist from New Edge Performance. The program also provides comprehensive individual assessments and will work with the patient's GP to address falls risk factors.

Additional information about falls prevention, assessment and management is available on the HealthPathways portal. Access these and many more pathways using the below login details:

Username: health Password: w3stern





## Events

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### My Health Record webinar series - Consumer privacy, consent, control & security

Thursday 1st February 2018

5:00pm - 6:00pm

### Nurse chronic disease education: Paediatric asthma

Tuesday 6th February 2018

6:30pm - 9:00pm

### AOD18: Recognising & responding to changing substance use

Saturday 10th February 2018

9:00am - 5:00pm

### CPR & AED training

Monday 12th February 2018

7:00pm - 9:15pm

## Other News

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### Online diabetes education for primary care nurses

As part of our commitment to ongoing primary care nurse education, we are offering primary care nurses the opportunity to take part in the National Diabetes Care Course, developed by the National Association of Diabetes Centres (NADC). The course will be online, followed by face-to-face sessions to help solidify learning.

These sessions will run in partnership with the western Sydney Local Health District diabetes team as part of the Western Sydney Diabetes Initiative.

You can find out more and register your expression of interest on our website.

### Free flu shots for kids under 5

From April, all NSW children aged six months to under five years are able to receive a free flu vaccine as part of a new initiative from the NSW Government.

More information is available on the NSW Health website, including resources for GPs, immunisation providers and general FAQs for community members.

### Western Sydney Recovery College

Utilising a collaborative, community-driven model of adult education, Western Sydney Recovery College assists

people in their recovery and increases knowledge, skills and awareness of mental health within the community.

Workshop dates for Term 1 are now available for mental health workers, consumers and carers.

To find out more, call 9854 5541 or email [wsydrecoverycollege@onedoor.org.au](mailto:wsydrecoverycollege@onedoor.org.au)

## GP Association meetings

The below GP Association meetings are upcoming in western Sydney:

Hills: Kickstart the change: Inspiring patient engagement in the management of type 2 diabetes - Wednesday, 7th February

Westmead: Emergency Procedures GP Updates - Wednesday, 21st February

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