

## New Still Standing Programs Available

Western Sydney Primary Health Network (WSPHN) has commissioned New Edge Performance since 2017 to run the Still Standing program, addressing the burden of fall-related injuries for seniors in western Sydney, offering medium intensity group exercises and falls education programs. Daniel Parker, an accredited Exercise Physiologist from New Edge Performance has been delivering these strength and balance programs across the region.

The centre has also seen increases in membership and participation in other activities since the partnership commenced. Throughout the course of the program participants have seen improvements in their function and mobility. In 2018, 71.43% of participants rated their confidence in mobility as 'above average' or 'good' and have enjoyed seeing an increase in their scores as part of the assessments, 93.75% of participants that completed the program in 2018 reported that they have not had a fall since their initial assessment.

The program started off in Mount Druitt, now expanding to Doonside, Castle Hill and Parramatta. The program consists of 12 exercise sessions as well as three assessments (initial, mid and post treatment) which help track participant progress. Education classes with a dietitian, cost effective equipment and a home exercise program are also provided to facilitate self-management at home.

"I am excited to expand the program to continue to keep people standing and working closely with their appropriate health practitioners." said Mr Parker.

Reports on each participant are sent to the GP with recommendations and progress updates. When required, participants will also receive referrals to other programs and services.

Further falls prevention resources can be accessed via HealthPathways using the following login details:

Username:health Password: w3stern

More details and classes are available on the New Edge Performance website.



## The Still Standing Program in Action

## Events

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### Hospital Week 2019

Wednesday 28th August 2019

9:00am - 5:00pm

### Infection Control and Sterilisation Workshop

Saturday 7th September 2019

12:30pm - 5:15pm

### Medico-Legal Workshop: Privacy, Confidentiality and Data Breaches

Thursday 12th September 2019

6:30pm - 9:30pm

### Aboriginal Cultural Awareness Training

Tuesday 17th September 2019

6:00pm - 9:30pm

## Other News

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### EOI: GoShare Homelessness Toolkit Resources

We are seeking expressions of interest from general practices and medical centres, who are supportive and welcoming of people experiencing homelessness to have their practice/centre listed as a resource on the Homelessness Toolkits in GoShare Healthcare.

If you are interested in this opportunity, please download and complete the form and email to [rowena.tagaloa@wentwest.com](mailto:rowena.tagaloa@wentwest.com)

### The Change Program

Last night the 7.30 Report on the ABC featured a piece about The Change Program, a healthy lifestyle program developed by the The Australian National University and rolled out by PHNs late last year.

WentWest offered it to all western Sydney GPs and it was enthusiastically taken up by several, including Castle Hill Medical Centre.

For more information watch the full video online.

### Connections Project Survey

The National Mental Health Commission wishes to consult and engage with all Australians on the 2030 Vision for

Mental Health and Suicide Prevention. You are invited to contribute to the future of mental health care, suicide prevention and wellbeing in Australia.

The survey closes on Sunday 8 September.

## Changes to Antenatal Pertussis Vaccination Recommendations

The National Health and Medical Research Council has updated recommendations on the timing of pertussis vaccination for pregnant women; expanding from 28-32 weeks to 20-32 weeks gestation. Pertussis vaccine is provided free under the National Immunisation Program for pregnant women during each pregnancy, providing protection to the infant by the transfer of antibodies through the placenta.

☒ Vaccination during pregnancy offers the infant with protection against the disease during the first weeks of life before they can receive their own vaccinations from six weeks of age. Additional information on antenatal pertussis vaccination is available on the Department of Health webpage.

## GP Association Meeting

The following GP Association Meeting is coming up in Western Sydney:

Mount Druitt: Management of Cardiometabolic Patients, Friday 30 August.

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