Forever Autumn - Evolution of a Community of Practice

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REACH Conference 2016,
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Forever Autumn

• Development of Forever Autumn Falls Prevention Programme in 2012

• Recognition of additional measures required to reduce risk of falls among older adults in residential/hospital setting

• Results demonstrated a reduction in falls by 30% through increased surveillance through use of symbols and new measures

• Adapted in Residential Care settings nationally

• Generated a lot of interest from other healthcare professionals across the spectrum of care for older adults and adults with an intellectual disability
Forever Autumn  Community of Practice

Development of an online resource to offer support, guidance and continued education in falls prevention and management across the care spectrum for older adults:

*Acute Hospital Care  *Community Care
*Palliative Care  *Residential Care
*Intellectual Disabilities (ID) Care

Proactive collaborative approach to falls prevention by providing a platform for continuing engagement sharing a repository of information to the wider community to enhance quality care through presentations, articles of interest, support the development of new resources i.e. www.happybones.ie
Overview of COP

• Inaugural meeting of group January 2014 - 27
• Sharing of resources on falls prevention & management between Health care organisations – no need to reinvent the wheel!
• Through engagement identified no education resource for ID group on bone health and falls prevention – developed Happy Bones & Best Foot Forward
• Inaugural Falls Prevention and Bone Health Conference in September 2015 - 135 delegates
• Currently 75 members – Interdisciplinary across 8 disciplines represented
Content Development
Technology Used to Develop Resources
Introducing Paula's Story

Paula's Story features Paula and members of her family. She is pictured below with her father and her sister Ann.

Paula has always been active and enjoys a bone friendly diet every day because it is important for her strong and healthy bones.

There are two short films to watch:

- Paula's Story
- The DXA Scan - Paula shows you how a scan is done.

Paula's friend Ute (pictured below with Paula) has also helped us make the films and we are grateful for the help of all our friends in Work Options helping us too.

Sabine Uhlig (below) has also been a great support helping us make the films.

Paula's Films

Film 1 - Happy Bones - Paula's Story

This short film about Paula's Story - making sure she has Happy Healthy Bones.

Film 2 - DXA Scan

This short film about Paula having a DXA scan to see how strong her bones are.

We are grateful for the following for their support and participation in creating Paula's Story.

- Friends of Paula and Ute who attend Work Options, family and carers
- Maria Callanan - for her amazing energy and enthusiasm in teaching the Zumba class
- Sabine Uhlig - for her support and help in creating the films
- Work Options
- The Ute Foundation
- Happy Bones Project Team and members of the Former Autumn COP Special Olympics Ireland

Best Foot Forward

Creating a safe home environment to reduce the risk of falls in people with an intellectual disability

New - January 2016

Watch Chrissie's Story

As part of Chrissie's story an information leaflet has been created outlining some of the important aspects of safety in the home aimed at reducing the risk of falls. The booklet can be downloaded from this link.

You can view the content below.

Watch Chrissie's Story

Best Foot Forward

Creating a safe home environment to reduce the risk of falls in people with an intellectual disability
1. Introduction & bone development
2. Bone health through the ages
3. Osteoporosis
4. Falls safety
Some Facts and Figures

Web Site Visits in 2015
• Forever Autumn 1,611 visits
• Happy Bones 1,436 visits
• Bone Health in the Park 2,118 visits

Stats from SlideShare – Presentations and Leaflets (sample only)
• Best Foot Forward 299 views
• Happy Bones Project 110 views
• Reducing the risk of falls in an ageing population (poster) 245 views
• Forever Autumn COP Overview 368 views

Video Views in 2015
• Forever Autumn 680 views
• Paula’s Story 179 views
• DXA Scan 119 views
• Best Foot Forward - Chrissie’s Story 48 views
International Perspective – Forever Autumn COP Web Site

5th October 2015 to 5th April 2016
International Perspective – Happy Bones Web Site

September 2015 to 5th April 2016

[World map with pin marks and tree illustrations]
Questions?
More Information?

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Visit our web sites
www.foreverautumn.co
www.happybones.ie
www.bonehealth.co