

Title of Intervention: Stay on Your Feet Safety Walks Group

Website: <http://www.health.qld.gov.au/stayonyourfeet/default.asp>

Intervention Strategies: Environments and Policies, Group Education

Purpose of the Intervention: To assess pedestrian hazards and safety concerns in the community

Population: Older adults in Australia

Setting: Communities in Australia; community-based

Partners: Local businesses and organizations

Intervention Description:

- **Environments and Policies:** The local government passed a falls prevention awareness policy, followed by an allocation of \$20,000 from the local government budget for hazard identification and rectification. Assessment reports were given to the local government or businesses.
- **Group education:** The Stay on Your Feet program is a program of safety and health for older adults. An initiative was started called the Safety Walks Group (SWG). The group met bi-monthly and adopted a mandate to assess busy pedestrian areas and respond to community concerns raised through personal contact or correspondence. The participants were trained in awareness of risks and consequences of falls as well as falls prevention strategies. The training involved four 2-hour sessions, after which ongoing training sessions were provided to cover specific issues and use the assessment tools.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Facilitator
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Not mentioned
- **Budget:** \$20,000
- **Intervention:** Educational materials, written assessments
- **Evaluation:** Not mentioned

Evaluation:

- **Design:** Cross-sectional
- **Methods and Measures:**
 - Each meeting targeted a different location to be assessed, and the assessments were made into reports. A Health Promotion Officer would collate the reports and pass them on to local government or local business for rectification. Feedback of action taken was undertaken after the meetings.

Outcomes:

- **Short Term Impact:** Eighty-six hazards were identified and rectified. Currently 20 items continue to be investigated and pending. Examples of hazards removed include replacement of an unsafe footpath near a nursing home and retirement complex; addition of railings to unsafe walkways outside retail shops; and coating of slippery tiles in a shopping complex.
- **Long Term Impact:** Not measured

Maintenance: Not mentioned

Lessons Learned: The program was successful in empowering community members to take part in their community and contribute constructively to creating a safe environment. The falls awareness training

enhanced personal skills. The collaboration and partnerships between agencies, people and communities allowed for ease of communication and constructive action.

Citation(s):

Powell, J., D. Wilkins, et al. (2000). "Stay on Your Feet Safety Walks Group." *Accid Anal Prev* 32(3): 389-90.