A trans-disciplinary approach to falls prevention.

Presented by:

Aleysha Parker, Occupational therapist and Assistive technology specialist Vision Australia and Pam Barras, Vision Australia Client.
Overview of Vision Australia

• Leading national provider of blind/low vision services.
• Support people of all ages and stages of life.
• Work in partnership with people to live the life they choose.
• Key focus: independence, employment, education and social inclusion.
Strategies to prevent falls

- Contrast change of level in surfaces eg. Stairs.
- Use handrails to manage change in level.
- Turn on adequate lighting for mobilising.

Pam, Vision Australia client with Seeing Eye Dog Jock.
Strategies to prevent falls

- Tell people if you move the furniture!
- Avoid using heavily patterned surfaces.
- Keep walkways clear.

Pam Vision Australia client with Colin and Seeing Eye Dog Jock.
Strategies to prevent falls

• Use your mobility aid.

• Manage glare eg. Hat, sunglasses, close blinds, tint glass, etc.

• Plan your route to allow adequate time, so you are not rushing.

Pam, Vision Australia client with Seeing Eye Dog Jock.
Strategies to prevent falls

• Wear comfortable shoes.
• Keep frequently used items in reach.
• Maintain physical fitness and balance.
Referring locally

**Email** perth@visionaustralia.org

**Fax** 1300 84 73 29

**Post** Level 1, 3 Rosslyn Street, West Leederville

**Referral forms** available for download via website and pad of referrer forms

www.visionaustralia.org