



Injury Prevention News

Injury Free North Shore City

March 04

Issue 5

Upright & Moving North Shore City

Upright & Moving North Shore City: The G.P green prescription "Upright & Moving North Shore City" Project was officially launched by Karen Whitely the Green Prescription Area Manager to 60 GP's at Te Puna Hauroa in March. "Upright & Moving North Shore City" is a new initiative between Green Prescription, Harbour Sport, ACC and Shore Safe- Injury Free, Older Adult Working Group to assist GP's to work with older adults to promote fall prevention exercise. The programme is aimed at any adults aged 65+ .through exercise linked to the



Green Prescription Programme delivered by Harbour Sport. The programme promotes G.P's to write green prescription for "upright and moving North Shore" where the Green Prescription coordinator will match the client to an appropriate form of exercise and provide general fall prevention information. Promotional posters and book marks are being displayed in Practices now. Remember "Falls are not a natural Part of Ageing"
For more information contact Jane Fleming Or Karen Whiteley from Harbour Sport on 415- 4610.

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A FALLING CITY- LATEST INJURY DATA

The latest North Shore hospitalisation data (1999-2001) shows the top cause of injury hospitalisation for Shore residents across all ages is falls. 5-9 year olds and over 80 year olds are the top fallers. More than 720 Shore residents were admitted to hospital due to a fall in 2001. Falls can have serious consequences resulting in brain injuries, physical disabilities, disfiguring scars and long- lasting orthopaedic problems. Falls prevention are key strategies be-

ing addressed in the Shore Safe children and older adult annual plans. Motor vehicle, followed by falls and then drowning are the top three causes of injury mortality for Shore residents. (1998-2000 hospitalisation data). Motor vehicle injury deaths are on the decline however we still have a long way to go.

- Check out the new Shore Safe Injury Prevention Web page on:
- www.acc.co.nz/injury-prevention/communities/north-shore-city/shoresafe-news/.

“Always Watch Your Young Ones Near Water”

2003 saw Water Safety Kits carrying “child centered” key water safety messages and parent education resources being supplied to all kindergartens and Kohanga Reo in North Shore City together with training developed by Child Safety Foundation N.Z and WaterSafe Auckland. The evaluation has showed a 97%

child recall three weeks after the programme!

To assist with parent education Water Safe Auckland supported by ACC have been delighted to have 5 Swim schools in North Shore City taking part in an Auckland regional education project focused on “always watch our young ones near water”.



North Shore City Council Promotes Fall Prevention

North Shore City Council's Housing Officer Robyn Campbell with the assistance of Shore Safe - Injury Free older adult working group & ACC has been raising fall prevention awareness in older adults with the 600 plus North Shore City council housing residents.

In the three year period from 1999- 2001 there were over 935 hospital admission from falls in the over 65 year old age group on the North Shore City. **89% of all hospitalisation injuries for shore's older adults are from falls.**

Council Housing Officers see the serious consequences of falls on the older person, their family, caregiver and community, such as pain, loss of independence, loss of confidence and even death. In December an occupational therapist completed a report from a sample stock of council houses in relation to fall prevention and home safety. The council has completed an action plan to address the recommendations from this report. Key fall prevention messages are also being promoted to residents including a distribution of home safety checklists to complete, information on strength and balance exercise available in the community, and a fall pre-

vention quiz linked to spot prizes. North Shore Hospital Geriatrician Dr Suzanne Busch says falls are not a natural part of ageing and can be prevented. Dr Busch says it is important to report any falls to your GP as they are best qualified to assess what can be done to stay on your feet. Sometimes a fall is a warning of an undiagnosed and potentially easy to treat medical condition. Often it is something as simple as a review of your medications or an assessment of your strength and balance that can lead to preventing further falls. Other key message and tips being promoted include: Keep active, doing exercise that increase leg muscle strength and improve balance.

- Keep up general fitness by walking or participating in other activities. North Shore City council also promotes reporting hazards in

the community such as uneven paths and poor light to the North Shore City council Action Line on: Ph 486 8600. Further information on older adult fall prevention can be found on www.acc.co.nz/injury-prevention.





KEEP ME SAFE- FROM FALLS

Parent education child safety fall prevention workshops have now been delivered to over 250 parents, caregivers and their whanau. "These injuries are easily prevented but can have long-lasting effects when they do happen," says workshop facilitator Jo Barker. "These are not the normal bumps and scrapes that are part of growing up. Ms Barker says parents tend to under-estimate their children's physical capabilities and over-estimate their ability to understand danger. The evaluation from the project showed 86% of participants reported that they had changed their supervision of children with raised vigilance,

increased supervision, and improved enforcement of rules such as bouncing on furniture. 57% of participants reported having made changes to their homes such as non slip bath/shower mats, window latches, and moving furniture to safer positions.

Many people expressed the value of the reminders and went away to make positive changes to their home environments and supervision practices. Jo says this "reflects the fact that even when the knowledge is there, people can tend to become complacent about safety and sometimes need a reminder."

Jo reported that most people were shocked at the levels of preventable injuries in New Zealand, and that group discussions revealed that compla-

gency, or the she'll be right attitude was the main reason cited.

Parents need to know about child development milestones in order to create child safe environments at home, she says. Further information is at www.acc.co.nz/injury-prevention (look under Child Falls 0-4 years). Preventing Falls With Under Fives brochures are available on the ACC website or they can be ordered by phoning 0800 844 657 and quoting ACC1031. Information on safety standards for nursery furniture can be found at <http://www.consumeraffairs.govt.nz/productsafety/consumerinfo/index.html> Take a look before you buy. **For more information contact heidi.shewan@acc.co.nz.**

BE COOL KEEP TO THE SPEED LIMIT

Results have become available from the Beachaven/Birkdale Down with Speed project, held during December 2003 which produced a 4.4% speed reduction, an excellent result for the project group. The campaign included local billboards, advertising in local newspapers, information drop in areas near Beachaven Road, a main arterial known locally for excessive speed by commuters.

Planning is currently underway for a Restraint campaign targeted principally at the local Chinese community, that will also have spin-offs for the general population.

Education classes, and advertising in community newspapers, child restraint clinics with Early Childhood Centres are among initiatives being used during the campaign running from April through May. If you are interested in being involved or know-

ing more, contact Helen Whittal from NSHCC on Ph 486-8600 or Craig Coulter from ACC for further details.



• **Website -link**

- www.acc.co.nz/injury-prevention/communities/north-shore-city/shoresafe-news/.

Further information about ShoreSafe injury prevention please contact:

Nicola Maire, ACC , 915-9403, nicola.maire@acc.co.nz.

Mike Cohen, 025 2904942, coherent@ihug.co.nz.

Jill Moffat , Public Health, 488 2310, jmoffat@adhb.govt.nz



UP AND COMING EVENTS AND PROGRAMMES:

Shore Safe Children– Up and coming Meetings: 8th of April & 4th May at 9.30am contact Jill Moffat.

Under five parent education child safety workshops in your area contact Heidi Shewan. Heidi.shewan@acc.co.nz

Shore Safe Older Adults:

Home based strength and balance programme for over 80 year olds, for information on the North Harbour PHO contact: Ph 415-2744

Older adult Tai Chi Classes, (Birkenhead, Sunnynook, Takapuna) and Upright & Moving North Shore City, for information contact Harbour sport on 415 4610.

Step Ahead fall prevention classes: for information on up and coming classes phone Heather at Age Concern on 489-4975 ext 112.

North Shore 'Safe with Age' Driver courses, for information on up and coming courses phone Age Concern on 489 4975.

SCHOOL PLAYGROUND SAFETY WORKSHOPS

Shore safe children playground safety working group are continuing with a playground safety programme for 2004. New workshops have been developed for care takers and property managers. The workshops are interactive and will focus on environmental changes and hazard management of playgrounds. The workshops are on the 5th of April and 28th of June. General playground safe at play workshops aimed at teachers and board of trustees will be run on the 2nd of June and 2nd of September. Contact Lisa Davies for more information Ph 09 427-6402. Mob: 025 811202



SHORES SAFE | INJURY FREE

ShoreSafe –Injury Free is the North Shore's injury prevention advisory group. Under this umbrella group there are a number of injury prevention working groups that co-ordinate injury issues. These include.

- Older Adults Injury Prevention Working Group (falls). Contact Nicola Maire 915-9403
- Child Safety Working Group. (Falls, poi-

son, downing, cutting injuries, scalds). Contact : Jill Moffat 488 2310

- Occupational Safety (Construction, health-care, manufacturing). Contact: Gordon Johnson ACC 915 9426
- Transport Working Group (Motor vehicle crashes, down with speed, alcohol, restraints, pedestrians, cycles). Contact: Helen Whittle Ph 486 8600 Extn 8891