



Media Statement

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April 'Falls Prevention' Day - Older Adults Autumn Walk

On a windy morning on the 1st April, in celebration of April 'Falls Prevention' Day, 65 older adults from around the Shore gathered at Brown's Bay beach for an event organised by the ShoreSafe Older Adults Falls Prevention Coalition.

The Age Concern North Shore coalition consists of ACC, CQI, NSCC, Harbour Health PHO, Harbour Sport, NZ Fire Service, WDHB – Older Persons, AUT, Stroke Foundation, Presbyterian Support Northern and Gary Syme.

This Injury Prevention group is made up of government & non-government organisations and individual members from around the Shore. The main goal is to help keep older adults **safe on their feet** and thereby reducing the risk of falling. Appropriate regular physical activity is the best way of doing this.

The consequences of a fall can be extremely severe to an older adult and so this event was planned to demonstrate how easy it can be to incorporate physical activity into daily life – walking being the easiest form of activity. Falls are the leading cause of injury hospitalization and one of the top three causes of injury-related death in New Zealand.

After some seated Tai Chi warm-up exercises, the event commenced with a bracing return walk along Browns Bay Beach and were then treated to a demonstration of a new

Shore physical activity specifically designed for older adults called 'Born Again Bodies'.

Several walkers volunteered to 'have a go' at this activity and were rewarded for their positive attitude with prizes donated by the ShoreSafe group members.

For more information on Shoresafe and falls prevention programmes on the North Shore, please call 489 4975 ext 112/113.

