

### Lifestyle cafe helps keep Hervey Bay seniors on their feet

An exciting new café-based healthcare concept is helping Hervey Bay seniors, who have recently experienced a fall, regain their confidence and strength so they can get back, and stay, on their feet.

An initiative of the Fraser Coast Falls Prevention Service, the Lifestyle Café, which incorporates the Active at Home program, launched at the Hervey Bay Neighbourhood Centre this month for seniors over 65 and Aboriginal and Torres Strait Islander people over 50.

The Fraser Coast Falls Prevention Service is a collaboration between Central Queensland Wide Bay Sunshine Coast PHN, Wide Bay Hospital and Health Service, Queensland Ambulance Service and Hervey Bay Neighbourhood Centre.

The PHN's Manager for Older Person's Health, Paige Martinez, said injuries resulting from falls are the major cause of death, hospitalisation, and emergency department presentations for those in the target group.

"We've worked with our partners in the Fraser Coast Falls Prevention Service to co-design an initiative which incorporates a social aspect and establishes a pathway to reduce the risk of falls," Ms Martinez said.

"Education programs that are purely falls prevention focussed tend to have a negative connotation - with the Lifestyle Café we are working from a wellness focus incorporating the Active at Home strength and balance program with other health & wellbeing activities.

"This means social connection opportunities through afternoon tea, group-based programs like choir signing or craft, and various entertainment each week."

Participants are referred into the Lifestyle Cafe via the newly established, WBHHS-led falls pathway by eligible referrers including WBHHS emergency departments, QAS or their general practitioner.

More than a quarter of people living on the Fraser Coast are aged over 65.

WBHHS Chief Executive Debbie Carroll said the purpose of the weekly, three-hour Lifestyle Café is to provide the Active at Home program in an informal setting and fills a gap in the community.

"This program gives older people who are at risk of falling access to the Active at Home strength and balance program, as well community support and social connection in one venue, with no cost to the participant," Ms Carroll said.

"WBHHS is grateful to all of the partners who have made this collaborative venture possible and looks forward to the future development of the service."

Participants who attended the recent launch of the Lifestyle Cafe with Active at Home said they enjoyed the friendly, relaxed and professional atmosphere and were keen to return for the full 12-week strength and balance program, alongside a cup of tea and some entertainment.

The PHN are proud to have further partnered with Carinity and Bolton Clarke to ensure quality delivery of the Lifestyle Café with Active at Home on an ongoing basis for at least the next 12 months.

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