

4. DEPUTATIONS BY APPOINTMENT

THE ELDERCARE CANTERBURY PROJECT

Felicity Sidford (Pegasus Health) and Sonia Pratt (Crown Public Health) addressed the Committee on a proposed programme 1: “Stay on your Feet, Christchurch”.

They reported that the scope for The Eldercare Canterbury Project Health Promotion Project in January 2001 provides a structure to deliver programmes and briefly outlines a first programme allied to prevention of falls for elderly Christchurch residents. This programme, designed by the Health Promotion project Steering Group and older people, is identified as the “Stay on Your Feet, Christchurch” programme.

The aim of the programme is to reduce the incidence and severity of fall-related injuries in older people living in Christchurch. Specifically, the aim is to reduce the expected rate of fall-related injuries in older people by 15% by 2005.

Strategies include:

- Awareness information and community involvement
- Physical activity, balance and gait
- Medications
- Chronic health conditions
- Safe environments

The information was **received**.