

Service Announcement

August 2026

Help on hand to reduce fall-related injuries among older people

South Western Sydney PHN (SWSPHN) has commissioned two new service providers to deliver the Stepping On falls prevention program to older people living in the community across South Western Sydney.

The free program aims to equip participants with the knowledge, strength and confidence to prevent falls, stay active and remain independent.

Stepping On involves weekly sessions for seven weeks and follow-up/booster sessions, with content ranging from strength and balance exercises, home hazard solutions, community safety, safe footwear and medication management.

The program is appropriate for non-Indigenous adults aged 65 and over, and Aboriginal and Torres Strait Islander adults aged 45 and over, who: have had a fall in the past year or have a fear of falling; are living independently; able to speak conversational English or the language in which the group is facilitated.

Skilled Health has been commissioned to provide the service across all local government areas (LGAs) in South Western Sydney, while Activempowerment is funded to service the Bankstown, Fairfield, Liverpool, Campbelltown and Camden LGAs.

In South Western Sydney, falls-related injuries more than doubled between 2010-2021. The number of older people affected by falls is projected to increase by 51.4 per cent by 2031, with the highest increases expected in Camden (151 per cent) and Liverpool (62 per cent).

Campbelltown has the highest fall-related injury hospitalisations in the region.

SWSPHN Acting Chief Executive Officer Amy Prince said falls were one of the biggest causes of injury for older people and a growing public health concern, given Australia's ageing population.

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This service is supported by funding from the Australian Government through the PHN program.

South Western Sydney PHN is a not-for-profit organisation dedicated to supporting general practitioners, practice nurses and other primary health providers to deliver the best possible care for their patients. Our aim is to improve access to quality local healthcare for all residents living in the Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly and Wingecarribee LGAs. We acknowledge the traditional custodians of the land, water and skies of South Western Sydney, the Darug, Dharawal and Gundungurra peoples, and pay our respects to Elders past and present.

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“Falls can cause severe injury and even hospitalisation,” she said. “Falls can also lead to a loss of confidence and a fear of falling, which may cause people to become less active and, over time, lose their independence.”

Ms Prince said the Stepping On program was based on research which showed behaviour change, understanding how medications could affect stability, and exercises which increased strength and balance could reduce the likelihood of falls.

“SWSPHN is looking forward to working with the allied health teams at Skilled Health and Activempowerment to ensure older people have the tools, support and confidence they need to stay active, maintain their independence and enjoy a better quality of life,” she said.

Through Stepping On participants will:

- increase their understanding of falls risk including factors contributing to falling, analyse person risk according to different settings
- improve balance and muscle strength
- enhance self-confidence living independently
- improve understanding and ability to navigate relevant primary health and community organisation supports
- enhance health literacy and medication management

Skilled Health Managing Director and occupational therapist, Theresa Tran, said Skilled Health was committed to supporting older people remain active, connected and independent.

“Falls are not an inevitable part of ageing,” she said. “For more than 21 years, Skilled Health's team of allied health professionals has been committed to helping older people maintain their independence and quality of life.

“We are proud to partner in delivering the Stepping On program, giving participants practical strategies to stay active, reduce their risk of falls and continue living confidently within their communities.”

Activempowerment owner and exercise physiologist, Michael Kline, said Activempowerment was committed to helping older people maintain their independence, improve their wellbeing and continue living safely at home.

“Falls can have a significant impact on a person's confidence and independence,” he said.

“Our team of physiotherapists and exercise physiologists at Activempowerment look forward to supporting the South Western Sydney community through the Stepping On program, providing practical education, exercise and strategies to help older adults stay active, independent and reduce their risk of falls.”

To access the program, clinicians and/community members can contact the service directly at:

Activempowerment - [Stepping On - Online Referral - Activempowerment](#)

Skilled Health - [Refer Stepping On - Skilled Health](#)

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