Move Your Body
Grant Application Kit

Grants available for up to $5000+GST for programs delivered September to November 2019.

Expressions of Interest due 5pm Friday 14 June 2019.
The Stay On Your Feet® grants program is provided by Injury Matters and funded by the Western Australia Department of Health.
Injury Matters

For over 25 years, Injury Matters has been an injury prevention and recovery advocate for the Western Australian community. We are committed to making a difference, being supportive of our team, and pragmatic in our approach to safety.

Given the breadth and diversity of injury in WA, we work across a range of current and emerging injury priority areas affecting the community. This has included falls, trauma recovery, community violence, substance-related harm, and safety promotion.

Utilising our vision of safer people and places, we work to raise awareness of injury by providing training, advocacy, and support for those affected by the impact of injury.

Stay On Your Feet®

Injury Matters delivers Stay On Your Feet®, Western Australia’s falls prevention program for older adults living in the community. Stay On Your Feet® aims to prevent falls and fall related injuries among older adults and promotes how to keep active and alert through the Move Improve Remove campaign; Move Your Body, Improve Your Health, Remove Hazards to prevent slips, trips and falls.

Our commitment to diverse populations

Injury Matters is committed to supporting Aboriginal and Torres Strait Islander and Culturally and Linguistically Diverse groups/organisations to deliver falls prevention programs in their communities. Injury Matters staff are available to support groups with the grant application process, to get your idea off the ground. Please contact the team at Injury Matters on 1300 30 35 40 to chat about your falls prevention program ideas.

Why prevent falls?

Falls are a public health priority in WA. They are the leading cause of unintentional injury for people aged over 65 in Western Australia, with 1 in 3 adults over 65 having a fall each year.1,2

In people over 80 years of age, this number significantly increases to 1 in 2.2

In 2015 alone, there were 281 falls related deaths and 23,871 hospitalisations. This consumed an estimated 157,259 bed days at an approximate cost of over $197 million dollars.3

A report released on the incidence and cost of injury for 2012, showed that the estimated cost of falls when taking into consideration hospital and emergency department costs, insurance commission data, loss of paid productivity and quality of life lost was $2.2 billion dollars.4

Falls accounted for a quarter of the cost of all injuries in WA, and this figure is only the tip of the iceberg as the data only captures those who are hospitalised.4 A significant number of falls occur which are not reported, receiving treatment via the GP, local pharmacy or at home.
Move Improve Remove grants

Move Improve Remove campaigns

Injury Matters delivers two campaigns per year, which focus on modifiable risk factors for falling under the Move Your Body, Improve Your Health and Remove Hazards messages. Each campaign includes a grants program, campaign toolkit, educator guide, mass media and workforce development opportunities.

Why do Injury Matters deliver a grants program?

Injury Matters with funding from the Western Australian Department of Health, delivers the Move Improve Remove grants program to help build the capacity of health professionals and community organisations to deliver evidence based falls prevention projects. The capacity building nature of the project allows Injury Matters to support groups and foster skills among applicants through grant coaching. This includes the identification of need, development of a project, implementation and evaluation to increase project sustainability. The grants program also contributes to increasing awareness among community members of falls prevention strategies.

Amount

Injury Matters will award up to $5,000+GST per grant, for eligible organisations and community groups to deliver falls prevention projects within their community. Applicants do not need to apply for the full amount and are encouraged to seek in-kind support where possible to allow opportunities for additional projects to be funded.

Future grant opportunities

<table>
<thead>
<tr>
<th>Move Your Body</th>
<th>September – November 2019</th>
<th>Open May 2019</th>
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</thead>
<tbody>
<tr>
<td>Improve Your Health</td>
<td>March – May 2020</td>
<td>Open December 2019</td>
</tr>
<tr>
<td>Remove Hazards</td>
<td>September – November 2020</td>
<td>Open May 2020</td>
</tr>
<tr>
<td>Move Your Body</td>
<td>March – May 2021</td>
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<td>Improve Your Health</td>
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<td>Remove Hazards</td>
<td>March – May 2022</td>
<td>Open December 2021</td>
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Why apply for a grant?

The Move Improve Remove grants program provides groups and organisations with the opportunity to deliver falls prevention programs within their own community, which directly support older adults. Grant funded programs may be appropriate for filling a gap in services, increasing access to services, or to develop improved way of doing things. Using grant funding to pilot a new program allows applicants to demonstrate a program’s viability and effectiveness, which can assist with obtaining ongoing funding for the activity.

Application process

Applicants are invited to complete an expression of interest four months prior to the program delivery period. This allows sufficient time to apply, receive coaching, for assessment of applications against selection criteria and to receive grant funds in time to deliver the project.

What we are looking for in applications

- Proven strategies for reducing falls in older adults.
- Grants which focus on the Stay On Your Feet® campaigns key messages and calls to action.
- Collaboration among organisations and community groups.
- Sustainability - Programs that could be extended past the grant-funding period without additional Stay On Your Feet® funding.
- Programs focused on diverse populations including people from culturally and linguistically diverse backgrounds, Aboriginal and Torres Strait Islander people, people with a disability, or socially isolated groups.
- Applications that fill a gap within your community.

How Injury Matters can help

Applicants are encouraged to contact Injury Matters during the EOI stage to discuss grant ideas and receive guidance on how to optimise their application. Injury Matters provide coaching and support for all shortlisted applicants for areas including program planning, implementation and evaluation.

Injury Matters wants to promote the great activities being delivered around WA and will work with grant winners on media releases, articles and promotional opportunities as appropriate.
Grant program eligibility and criteria

Who can apply?
- Incorporated community groups and not-for-profit organisations.
- Health professionals, community workers and fitness professionals working with older adults.
- Retirement and lifestyle villages.
- Local Government and Population Health units including WACHS.

Who cannot apply?
- Hospitals and residential aged care facilities.
- Applicants without an ABN.

What cannot be funded?
- Infrastructure costs associated with running an organisation including salaries of staff working on grant project.
- Health professionals contracted to deliver services who do not have an ABN.
- Programs or events that are already being delivered or funded.
- Items or activities purchased before applications have been approved or after the project completion date.
- The purchase of large amounts equipment (exceptions may apply with evidence of sustainable future use).
- Applications where the majority of requested funds are to purchase food or award prizes/gifts (exceptions may apply where in-kind support covers majority of costs).
- Purchasing of food or drinks that do not contribute to a healthy lifestyle.
- Venue and equipment hire at own premises.
- Any activity or event that does not occur in Western Australia.
- Any purchases where a receipt cannot be provided.

Successful applicants must
- Seek approval for any use of Injury Matters or Stay On Your Feet® branding.
- Seek approval for any changes to the grants program activities or budget post your grant being awarded.
- Work with Injury Matters to promote their program (this may including supplying photographs, quotes and contributing to the development of media releases).
- Allow a representative from Injury Matters to attend your event/s.
- Acquit your grant and provide evaluation data of your project to Injury Matters.
Move Your Body grants

Move Your Body grants timeline

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 14 June 2019</td>
<td>Applications for EOI close.</td>
</tr>
<tr>
<td>Monday 24 June 2019</td>
<td>Ten successful applicants will be shortlisted in accordance with selection criteria and invited to complete second stage of application.</td>
</tr>
<tr>
<td>Monday 15 July 2019</td>
<td>Stage two applications close. Successful applicants selected by panel.</td>
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<tr>
<td>Monday 22 July 2019</td>
<td>Grant money disseminated to successful applicants.</td>
</tr>
<tr>
<td>September - November</td>
<td>Program delivery must occur during this period.</td>
</tr>
<tr>
<td>Tuesday 31 December 2020</td>
<td>Grant acquittal due.</td>
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Why Move Your Body?

How do strength and balance prevent falls?

Strength and balance are two components of mobility that are important at any age. As people get older, it is essential that they focus on maintaining their strength and balance to stay healthy and independent. Long-term physical activity and strength helps to reduce the impact of falls and maintain healthy ageing.\(^5\)

Balance is a person’s ability to stay upright and steady when stationary or during movement, however increasing age, inactivity, disease and muscle weakness can impair balance abilities in older adults.\(^6,7\) Fortunately, improving balance in older adults has been shown to prevent slips, trips and falls.\(^8\) Exercises to improve balance should aim to provide a high challenge to balance, however older adults choose only perform exercises which they can do safely. Balance challenging exercise should allow the older adults to reduce their base of support and move their centre of gravity while they maintain control of the position of their body without using their arms for support.\(^8\)

Strength training involves using a person’s muscles to hold against a force or weight and has been shown to be a protective factor against decreased muscle mass, even in adults aged 80 years and older.\(^9,10\) Strong legs are also needed to help maintain and control balance, so it is important that older adults improve both their strength and balance.\(^7\) Maintaining strength is also important for preventing falling and falls related injuries as it protects joints and bones, allows older adults to complete daily tasks efficiently, and reduces the risk of injury.\(^10\) When strength training is used progressively and the resistance is gradually adjusted accordingly, older adults have shown a significant increase in muscular strength and found it easier to complete complex daily tasks.\(^5\)
What outcomes need to be achieved by a Move Your Body grant?

The campaign key messages and calls to action outline important information and steps for older adults to move their body. During your grant application process it is important to consider how your program will support the key messages and calls to action of the Stay On Your Feet® Move Your Body campaign.

Move Your Body key messages and calls to action

The Move Your Body key messages and calls to action include evidence informed information and strategies to prevent falls in older adults. Grant programs should be designed with the key messages and calls to action in mind.

Campaign Key Messages

1. Improving your strength and balance are some of the best way to prevent falls.
2. Good balance and strength are important for healthy ageing.
3. Strong legs and good balance are needed to do your everyday activities.
4. Falls are preventable.

Campaign Calls to Action

5. Do strength and balance exercises for 30 minutes most days to prevent falls.
6. Challenge your balance daily.
7. Do strength exercises you can adapt to make harder as you get stronger.
8. Choose activities you enjoy to build your balance and strengthen your legs.
9. Speak to a health or fitness professional about strength and balance exercises that are right for you.
Grant Application Form - Expression of Interest

To complete a word version of the Expression of Interest form [click here] or visit our website.

Organisation:  
_____________________________________________________
Postal address:  
_____________________________________________________

Primary contact person:
Please ensure the main contact is available to be contacted to discuss your application if needed.

Name:  
_____________________________________________________
Position:  
_____________________________________________________
Email:  
_____________________________________________________
Phone number:  
_____________________________________________________

Secondary contact person:

Name:  
_____________________________________________________
Position:  
_____________________________________________________
Email:  
_____________________________________________________
Phone number:  
_____________________________________________________

Applicants are encouraged to contact Injury Matters to discuss your grant proposal prior to submission. Please contact Juliana on 6166 7688 or e-mail jsummers@injurymatters.org.au.

Project Details:
Responses can be dot points if preferred.
1) Please provide a brief summary of your project.
2) How will your project focus on Move Your Body as a falls prevention strategy and promote the campaigns key messages and calls to action?

3) What gap does this project fill within your community?

4) How will your project be targeting older adults in your community?

5) How is your project innovative or different to other projects running in your community?

6) Does your program specifically include diverse and high risk populations for falls? If so how? (e.g. culturally and linguistically diverse populations, Aboriginal and Torres Strait Islander peoples, regional and remote communities or people with a disability).
7) Will you be working with other organisations/ health professionals to deliver the project? If so, please list partnerships below.

8) How much funding will you require from Injury Matters for your project (ex. GST)? *(this can be an approximate)*

$__________

9) How much in-kind support do you expect to receive for your project? *(this can be an approximate)*

$__________

Submission Details

Please submit your completed Expression of Interest by **5pm Monday 14 June 2019** to:

- **Email:** info@stayonyourfeet.com.au
- **Post:** Stay On Your Feet® Grants
  Injury Matters
  PO Box 208
  LEEDERVILLE WA 6903

For more information, please contact: Juliana Summers, Injury Prevention Lead, Injury Matters at jsummers@injurymatters.org.au or call (08) 6166 7688.
References


