



Move Your Body Grants Expression of Interest

Grants available for up to \$5,000 (plus GST) for programs delivered from March to May 2021.

Expressions of Interest due 5pm Friday 6 November 2020.

The Stay On Your Feet® grants program is provided by Injury Matters and funded by the Western Australian Department of Health.

Partner:



Department of
Health



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Injury Matters

Injury Matters aims to prevent and reduce the impact of injury within the Western Australian community.

We work to have a positive impact on the community as a quality, sustainable organisation committed to creating safer people and places. We raise awareness of injury prevention and recovery by providing education, advocacy, and support for those affected by the impact of injury.

Given the breadth and diversity of injury in Western Australia (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. We influence, empower, and collaborate with people, agencies, communities, and governments for positive injury outcomes.

Stay On Your Feet[®]

Injury Matters delivers Stay On Your Feet[®], WA's falls prevention program for older adults living in the community. Stay On Your Feet[®] aims to prevent falls and falls-related injuries among older adults over the age of 60 years, and Aboriginal and Torres Strait Islander people over the age of 45 years, and promotes how to keep active and alert through the Move Improve Remove campaign; Move Your Body, Improve Your Health, and 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 and organisations to deliver falls prevention programs in their communities. Injury Matters staff are available to support groups with the grant application process and to help get your idea off the ground. Please contact Joanna Collins, Injury Prevention Coordinator, on (08) 6166 7688 or at collins@injurymatters.org.au to chat about your falls prevention program ideas.

Why prevent falls?

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

In 2018, there were 27,327 falls-related hospitalisations in WA which consumed 172,099 bed days at an approximate cost of \$244,845,273.³ A report released on the incidence and cost of injury estimated falls to cost \$2.2 billion annually due to health care costs, long-term care needs, loss of paid productivity, and quality of life lost.⁴ It is also important to note that a significant number of falls are under-reported due to receiving treatment via a GP, local pharmacy, or at home.

Despite falls representing a substantial burden to the health system and WA community, prevention activities can significantly decrease the risk of falls and falls-related injuries. Injury Matters provides activities, campaigns, and initiatives to support falls prevention strategies within your local area.

Move Improve Remove campaigns

Injury Matters delivers two Stay On Your Feet® campaigns each year, which focus on modifiable risk factors for falls, under the Move Your Body, Improve Your Health, and Remove Hazards messages. Each campaign includes a grants program, campaign toolkit, facilitator guide, mass media, and workforce development opportunities.

Move Improve Remove grants program structure

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

The capacity building nature of the Move Improve Remove grants program allows Injury Matters to support groups and foster skills among applicants through grant coaching. Coaching may include the identification of need, planning, and development of a project, implementation, and evaluation to increase project sustainability. The grants program also contributes to raising awareness among community members of campaign focused falls prevention strategies.

Grant theme	Grant implementation timeframe	Grant application opening
Move Your Body	March – May 2021	Open October 2020
Improve Your Health	September – November 2021	Open April 2021
Remove Hazards	March – May 2022	Open October 2021
Move Your Body	September – November 2022	Open April 2022

Move Your Body grants

What is the Move Your Body campaign?

Move Your Body is one part of the Move Improve Remove messaging used to encourage older adults to stay safe, independent, and prevent falls. The Move Your Body campaign focuses on the importance moving your body to improve balance and posture, strengthen muscles and bones and improve overall fitness and general wellbeing.

Being physically active has many benefits and is important for the physical, mental, and social health and wellbeing of older adults. As part of the natural ageing process, balance and strength can decline from the age of 40, with changes such as reduced muscle and ability to balance, which influences the risk of having a fall.⁵⁻⁷ Older adults with muscle weakness, gait deficits or mobility limitations are three to five times more likely to fall than individuals without these impairments.⁸

Fortunately, participation in exercise is one of the most effective strategies to reduce the risk of having a fall due to maintaining muscle and strength, increasing endurance, and improving gait, balance, and mood.^{9,10} In particular, exercise programs that involve at least three hours of exercise per week, include a high challenge to balance (including strength, flexibility and endurance), use the majority of muscle groups and incorporate progressive weight training,

have proven to reduce the risk of falls among older adults.^{5,10} Older adults should aim to complete at least three hours of exercise a week, or 30 minutes of physical activity on most days, to help maintain strength and independence. Exercise should include strength exercises two to five times a week and balance exercises most days of the week.

It is important that physical activity plans are tailored to the needs of each individual, and additionally focus on maintaining and improving functional ability.¹⁰⁻¹³ Prior to participating in a new exercise program, it is recommended that older adults consult a health or fitness professional.

Build Your Balance

Balance is the ability to maintain a stable and controlled body position while we move over our base of support and improving balance is one of the best ways for older adults to avoid falls.⁵ Balance plays an important role in conducting daily activities such as walking, bending over to put shoes on, driving a car, or going grocery shopping.

Balance can be improved by practicing balance exercises regularly. Exercise programs targeting older adults should aim to challenge balance, whilst also safely reducing the individual's base of support or moving their centre of gravity. Conducting these exercises should prompt the individual to gain control of their body position while standing with and without their arms for support.¹⁰ Older adults can maintain safety whilst challenging their balance by having a stable surface nearby in the case of needing something to hold onto.

Activities that older adults can do to improve their balance include exercises which involve leaning forwards, backwards, and to the side such as Tai Chi, Lawn bowls, Dancing, and Prime Movers or Strength for Life. Balance exercises that can be completed at home include standing on one leg, stepping over objects, walking heel to toe, or using the Stay On Your Feet® Build Your Balance Exercise Flyer to guide at home exercises.

Older adults that haven't challenged their balance in a long time or don't feel confident doing balance challenging exercises are recommended to see a GP, Physiotherapist or other health professional before commencing balance exercises.

Strengthen Your Legs

It is important for older adults to keep their bodies strong so that they can do everyday activities such as getting out of a chair, walking up and down stairs, or pushing the shopping trolley. Doing physical activity will help to keep muscles and bones strong and to stay healthy and independent. The leg, hip, and trunk muscles are the primary muscles for helping people to stay upright and therefore are key muscles in keeping strong and helping to reduce the risk of having a fall.

Due to ageing, the size and amount of muscle maintained declines. This can result in decreases in strength and power (particularly in the lower limbs and trunk), increased frailty, changes to gait and lower bone mineral density, all of which lead to a decreased ability to complete activities of daily living and increase risk for a fall.¹⁴⁻¹⁷ Despite a reduction in strength in older age, strength training can increase muscle mass and functional capacity even in adults aged 80 years and older.¹⁴ Strength training, or resistance training, is exercise that causes muscles to work or hold against an applied force or weight.¹² Maintaining strength is important to protect joints and bones, complete daily tasks efficiently, and reduce the risk of injury.¹²

Activities that older adults can do to improve their strength include group fitness classes such as Strength for Life (formerly known as Living Longer, Living Stronger), and Prime Movers or

endurance exercises such as jogging, tennis, dancing, and aerobics. Exercises that improve strength include weight-bearing and progressive resistance exercises (training which becomes more challenging over time) such as lifting weights and using gym equipment are recommended for older adults. Weight-bearing activities that use the majority of muscles groups and incorporate progressive weight training are also recommended for older adults.¹⁸

What outcomes need to be achieved by a Move Your Body grant?

The Move Your Body campaign key messages and calls to action outline important information and steps for older adults to build their balance and strength. During the grant application process, it is essential to consider how your program will support the key messages and calls to action of the Stay On Your Feet® Move Your Body campaign. Grant programs should be designed with the following key messages and calls to action in mind.

Key Messages

1. Improving your strength and balance are some of the best ways to reduce your risk of having a fall.
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.

Calls to Action

1. Do strength and balance exercises for 30 minutes on most days to reduce your risk of having a fall.
2. Challenge your balance daily.
3. Do strength exercises you can adapt to make harder as you get stronger.
4. Choose activities you enjoy to build your balance and strengthen your legs.
5. Speak to a health or fitness professional about strength and balance exercises that are right for you.

Grant funding amount

Injury Matters will award up to \$5,000 (plus 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.

Grant program eligibility and criteria

Who can apply?

- Incorporated community groups and not-for-profit organisations.
- Appropriately qualified health professionals, community workers, and fitness professionals that work with older adults.
- Retirement and lifestyle villages.
- Local Governments and Health Service Units.

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 the grant project (exceptions may apply for independent contractors).
- Health professionals contracted to deliver services that do not have an ABN.
- Programs or events that are already being delivered or funded.
- Activities implemented for a financial profit to the applicant.
- Items or activities purchased before applications have been approved or after the project completion date.
- The purchase of large amounts of equipment (exceptions may apply with evidence of sustainable future use).
- Applications where more than 10% of the requested funds are to purchase incentives, award prizes, or gifts.
- The purchase of food or drinks that do not contribute to a healthy lifestyle (e.g. alcohol, food or drinks high in sugar content etc.)
- 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. Information regarding how to acknowledge Injury Matters and/or Stay On Your Feet® will be provided to successful applicants.
- Seek approval for any changes to the grants program activities or budget after your grant being awarded.
- Provide relevant professional qualifications and accreditations to Injury Matters upon request.
- Provide certificates of relevant insurances such as Public Liability, Workers' Compensation, Professional Indemnity, and Commercial Vehicle Insurance upon request.
- Work with Injury Matters to promote the grants program (this may include supplying photographs with appropriate consent, quotes, and contributing to the development of media releases).
- Allow a representative from Injury Matters to attend funded events.
- Acquit your grant and provide evaluation data of your project to Injury Matters.
- Hold responsibility for obtaining your own financial advice should you wish to in regards to your organisation receiving grant funding.

Application process

The Stay On Your Feet® grants program process consists of two stages; Part One: Expression of Interest and Part Two: Full Application.

Applicants are invited to initially submit a short Expression of Interest four months prior to the program delivery period. This allows sufficient time to apply for the Full Application (Part Two) and receive coaching, assessment of applications, and receipt of funds in time to deliver the project.

Following the submission and review of Expressions of Interest, preferred applicants will then be followed up with a request to submit a Full Application. Please refer to the Move Your Body grants timeline below for key dates throughout the grants program.

Move Your Body grants timeline

Wednesday 7 Oct 2020	Part One: Expressions of Interest open
Friday 6 Nov 2020	Part One: Expressions of Interest close
Friday 13 Nov 2020	Successful applicants shortlisted and invited to complete Part Two: Full Application
Friday 11 Dec 2020	Part Two: Full Applications close
Friday 18 Dec 2020	Successful applicants selected by an evaluation panel and notified of award
Friday 8 Jan 2021	Deadline for the acceptance of grant offers
January – February 2021	Grant money disseminated to successful applicants
March – May 2021	Program delivery must occur during this period
Monday 31 May 2021	Deadline for the expenditure of grant funds
Wednesday 30 June 2021	Grant acquittal due

What we are looking for in your application

Please see Appendix A: Expression of Interest scoring criteria for more details.

- Proven strategies for reducing falls in older adults.
- Grants which focus on the Stay On Your Feet® Move Your Body campaign key messages and calls to action.
- Collaboration among organisations and community groups.
- Sustainable programs that can extend 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.

COVID-19 and grant activities

Injury Matters is committed to ensuring the safety of the community in WA. In response to the current COVID-19 pandemic and in alignment with Australian laws, all successful Move Your Body grant applicants must comply with current social distancing guidelines. Please see the WA Government [current restrictions for COVID-19](#) for further information.

Expression of Interest

Expression of Interest registration form

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

Organisation:

Postal address:

ABN:

Is your organisation incorporated? Yes/No

(If yes please attach a copy of your certificate of incorporation).

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 Joanna Collins, Injury Prevention Coordinator, on (08) 6166 7688 or at jcollins@injurymatters.org.au.

Expression of Interest project details

Responses can be dot points if preferred.

1. Please provide a brief summary of your project, including how the Move Your Body key messages and calls to action will be incorporated. (250 words max)

2. What is the need for the project in your community (e.g. Addressing falls rates and statistics, proportion of older adults within the community, needs for services)? (150 words max)

3. Will your project target any of the following diverse and high-risk populations for falls (please select all that apply) and how will your program specifically reach these populations? (100 words max)

- Aboriginal and Torres Strait Islander people
- Culturally and Linguistically Diverse populations
- People with a disability
- Regional and remote communities
- Other (please specify)

4. Will you be working with other organisations and/or health professionals to deliver the project? If so, please list the partnerships below.

5. How much funding will you require from Injury Matters for your project (excl. GST)? (please provide approximate itemised budget figures in the table below)

Item details	Amount (ex GST)
TOTAL	\$

6. How much in-kind support do you expect to receive/provide for your project? (this can be an approximate figure)

\$ _____

Expression of Interest submission details

Please submit your completed Expression of Interest by **5pm Friday 6 November 2020** with the subject line Move Your Body Expression of Interest to:

Email: info@stayonyourfeet.com.au

For more information, please contact: Joanna Collins, Injury Prevention Coordinator, Injury Matters on (08) 6166 7688 or at jcollins@injurymatters.org.au.

Appendix A: Expression of Interest scoring criteria

This table is to provide an overview of how the grant Expressions of Interest will be scored in the process of applicant shortlisting. There is no need to complete this table.

	Score Criteria	Rating	Weight
1	Project benefits The quality of the project, including the importance and relevance of the project and the strength of the idea.	/5	
2	Campaign relevance Does the application focus on Move Your Body as a falls prevention strategy? Does the project focus on the areas Strengthen Your Legs and Build Your Balance? Does it align with and promote the campaign's key messages and calls to action?	/5	
3	Project need Is there a need for the project within the community? Is the program filling a gap within the community? Has the project been planned on evidence of a clear need or demand?	/5	
4	Diverse and high-risk populations Does the program target groups with disproportionately high rates of falls?	/5	
5	Partnerships Will partnerships be developed through the project? Will other organisations and/or health workers support the project?	/5	
6	Project costs Does the project demonstrate value for money? Has in-kind support been offered?	/5	
TOTAL		/30	

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