



A message from Professor Cathy Said:

We are very excited that we have finished developing the MOVE Together: Reduce Falls Program. We are now testing the program. Thank you to everyone who has contributed to this important work, particularly people who have volunteered to participate in one (or more!) of our studies. This work would not be possible without you. We look forward to continuing our work together to help people from culturally and linguistically diverse communities stay mobile, independent and reduce their risk of falls.

Please share this newsletter with anyone you think may be interested in the project.

Have a happy and safe holiday period.

Cathy



Picture: MOVE Together Get-Together in November with our team including our wonderful consumers Rosa and Cheng.

More information about **MOVE Together: Reduce Falls** can be found at our website:

aimss.org.au/movetogether

Or contact Sherisse on +61 481 451 313 or Move-together@unimelb.edu.au

October 2022
MOVE Together
Project Design Began

October 2024
Study Testing the
Program Commenced

June 2024
Move Together
Design Complete

By November 2024
17 people have shown interest
in taking part in the study
9 people have already started!

Designing the MOVE Together: Reduce Falls program

We worked with 63 older people from Chinese, Arabic-speaking and Italian communities and 12 service providers to design MOVE Together: Reduce Falls. This taught our research team important things such as:

- Most people want information to help them exercise. We developed written information and videos in English, Arabic, Simplified Chinese and Italian.
- Some people are motivated to exercise when they share their experiences or exercise with others. People will have the option to join the program with a buddy and speak with other people in the program.
- Some people need options and support to use telephone or video calls during the program. We will support people to use telephone and video calls for the sessions in the program as needed.

Most people who took part in the design program told us that they felt listened to and were satisfied with the process.