

Be Your Best Telehealth Program



Where: From your home via telehealth

Cost: Free

Format: Video or phone sessions led by physiotherapy students under the supervision of qualified physiotherapists, plus weekly text messages to track your progress.

Duration: Two sessions (initial and follow-up) over 6 months, with optional extra sessions as needed (e.g., fortnightly or monthly).

Who can join: Adults aged 45+ diagnosed with hip and/or knee osteoarthritis by a health professional.

To get involved or find out more, contact:

alliedhealthclinics@monash.edu or 9904 4415

Why you are invited

You are invited to take part in this project because you are aged 45 years or over and have been diagnosed by a health professional as having hip or knee osteoarthritis. This research aims to evaluate a falls-prevention program tailored to older people with osteoarthritis.

What does this program involve?

The program runs for 6 months and is delivered via telehealth (phone or video call—your choice).

Initial assessment: A physiotherapy student, supervised by a qualified physiotherapist, will assess your risk of falling and discuss your goals.

Program modules: You can choose from four health-focused self-paced modules:

- Better Bones
- Better Joints
- Better Life
- Better Balance

Each module offers practical strategies to improve your strength, mobility, and confidence. You decide which strategies to implement.

Support: We will send you weekly text messages to track your progress. You can also schedule optional follow-up sessions over the 6 months (e.g., fortnightly or monthly).

Final assessment: At the end of the program, we will conduct another telehealth assessment to review your progress.

Possible benefits

We cannot guarantee that you will receive any direct benefits from participation in this study. However, the aim of this project is to better understand how people with osteoarthritis engage in falls-prevention activities. If we better understand this, we will be able to plan how to improve the delivery of falls-prevention services to people with hip and/or knee osteoarthritis.

Possible risks

We do not anticipate significant risks.

Do I have to take part?

Participation is voluntary. You may stop attending the program at any time.

If you choose to participate

A member of the team will contact you to arrange an initial assessment and discuss your goals as well as answer any questions.

