

Rehabilitation, Ageing, and Independent Living (RAIL) Research Centre - eForum

Innovative and Inclusive Falls Prevention: Advancing Health Equity through Community and Digital Solutions for Diverse Communities

Ensuring all older adults can access effective falls prevention support is critical to healthy ageing and independent living. This RAIL eForum will showcase innovative and inclusive approaches to reducing falls risk, with presentations examining culturally tailored programs for Culturally and Linguistically Diverse (CALD) communities and the adaptation of telephysiotherapy to reach diverse populations. Together, these presentations will highlight practical strategies for advancing health equity, increasing participation, and delivering evidence-based falls prevention at scale.

Event details

Date and time: Tuesday 27th October 2026
12.00-1.00pm AEDT

Venue: Online Via Zoom

Register: [Select here](#)
to register or scan
the QR code



Improving health equity: Working with CALD communities to reduce falls

Professor Cathy Said [PhD, B App Sci (Physio)] is the inaugural Professor Physiotherapy, Western Health & The University of Melbourne and a program director with the Australian Institute of Musculoskeletal Science. Cathy has over 25 years' experience working in neurological and gerontological rehabilitation. Her research focuses on fall prevention and the rehabilitation of gait and balance in older people and people with stroke.

Cathy will discuss learnings from the MOVE Together: Reduce Falls program, which focuses on supporting older people from CALD communities exercise to reduce falls risk.



From evidence to scale: Adapting TOP UP telephysiotherapy for diverse Australian communities

Dr Rik Dawson [PhD, B App Sci (Physio), B.Ca] is a physiotherapist, postdoctoral researcher at the University of Sydney and National President of the Australian Physiotherapy Association. His research focuses on telephysiotherapy, falls prevention and healthy ageing. He led the TOP UP study and is now adapting this telephysiotherapy program to increase access across diverse Australian communities.

Rik will present the outcomes of the TOP UP study and explain how secondary qualitative analysis informed a fidelity model for culturally adapting, scaling and increasing the national reach of telephysiotherapy based falls prevention and mobility programs.



Contact us



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