



Falls Prevention Alliance Australia



April is Falls Awareness Month

April Falls Month 2026 is an important opportunity to raise awareness about the significant impact of falls on individuals, families, and the health system across Australia. Falls remain a leading cause of injury, hospitalisation, and loss of independence, particularly among older adults, yet many are preventable through evidence-based strategies such as regular physical activity, strength and balance training, medication review, and safer home environments. This month serves as a reminder that prevention is a shared responsibility requiring coordinated action across sectors. The ongoing support and engagement of members of the Falls Prevention Alliance are critical bringing together expertise, advocacy, and local knowledge to drive meaningful change. Their contributions are invaluable in promoting consistent messaging, supporting communities, and implementing effective interventions that reduce falls risk and help Australians stay active, independent, and well.

Please note that some states and territories choose to focus on falls awareness during different months.

[Find more information here](#)

Also, click on the following image.



Reminder: register for our webinar

21st April at 4pm (AEST) as we reflect on the first six months since our launch.

During the session we will share updates on several key initiatives undertaken since the launch, including:

- Development of a dedicated social media strategy to raise awareness of falls prevention and support advocacy efforts
- A policy workshop bringing together academics, healthcare professionals and community representatives ahead of the Australia & New Zealand Falls Prevention Conference
- Preparation and submission of the Alliance's first Pre-Budget Submission to the Australian Treasury, outlining the Alliance's three key policy priorities
- Growth in Alliance membership and engagement

The webinar will also highlight upcoming focus areas for the remainder of 2026 and provide an opportunity to hear how the Alliance is continuing to build a united movement to prevent falls across Australia.

[REGISTER HERE](#)

March was a busy month for some of our members and leadership team.

Professor Anne Tiedemann (Steering Committee, Co-chair Awareness Working Group) spent some time at the NSW Seniors Expo with The Hon Kevin Anderson MP, NSW Shadow Minister for Seniors and Member for Tamworth, and Strive Motion. Events like this are a great opportunity to connect with older Australians, share practical information about strength and balance exercises, and raise awareness about how we can all reduce the risk of falls.

Professor Cathie Sherrington (Co-chair, Steering Committee, Chair of Policy & Advocacy Working Group) spoke at the Rotary District 9675 Conference "Aspire to Inspire" and noted she left feeling inspired by an extraordinary group of people who live by "Service before self"

Finally, Ima Strkljevic, a PhD student at the University of Sydney and dedicated Community Ambassador for Falls Prevention Alliance Australia delivered a series of falls prevention talks to local community groups across NSW, including Cumberland Council, Lismore Rotary and District Clubs (Lismore and Ballina), and The View (Voice, Interests and Education of Women), Lennox Head.

These sessions helped raise awareness about practical ways older adults can reduce their risk of falls and stay active, independent and confident. These presentations were made possible through funding from the NSW Department of Communities and Justice via the NSW Seniors Festival Grant Program.