

Issue # 35

October
2014



SAFER NORTH COMMUNITY TRUST NEWSLETTER



Road Safety

Cell Phone use and School Road Safety

Follow these simple tips for driving in school zones:

- Put away your cell phone. **Cell phone use is irresponsible and dangerous in active school zones.**
- Pay close attention to school zone speed limit signs.
- Drop off and pick up your children in your school's designated areas, not the middle of the street.
- Keep an eye on children gathered at bus stops. Be alert for children who might dart between vehicles on their way to/from school. You must always be prepared to stop instantly.
- Give children plenty of time to get to school. A child, who is anxious about being late, is likely to take risks when crossing the road. It is also true that a driver who is anxious about being late is likely to be less cautious when approaching a school. Ref: Royal Children's Hospital, Melbourne

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Upcoming Events

- 11 Oct 1900 hrs Jazz Fest. Killarney Park Takapuna. (behind old fire station)
- 20-21 Oct Safe Communities National Forum in Wgtn.
- 30 Oct Auck. Injury Prevention Planning forum—Fickling Centre Three Kings
- 6-7 Nov National Injury Prevention conference in Wellington
- 16 Nov Bike the Bridge Day Auckland
- 27 Nov Violence Prevention White Ribbon Day



PANPACIFIC
Safe Communities Network

Falls Prevention Project Successful

World-first study proves low-cost home modifications prevent falls

Falls in the home could be reduced by a quarter according to the results of a new study just published online in top international medical journal *The Lancet*.

A community trial conducted by the University of Otago, Wellington's *He Kainga Oranga*/Housing and Health Research Programme in the Taranaki region has shown that low-cost home repair and modifications effectively reduce home hazards.

Lead author Associate Professor Michael Keall says that with more than a million medically-treated injuries happening annually in and around homes in New Zealand – most of them falls - the results of this study are important for efforts to reduce injuries here and internationally.

Between 2009 and 2013, *He Kainga Oranga* employed a local builder to carry out minor housing repairs, typically costing \$300 to \$600. Work was initially carried out on 436 houses in a randomly selected intervention group. After the trial was over, 406 control houses received similar repairs so all study participants benefited from the intervention, Keall says.

All participants in the study lived in owner-occupied houses in Taranaki which had been constructed before 1980 and had recently received government-subsidised home insulation retro-fitted by Better Homes. At least one person in each household was a holder of a community services card.

The research team looked at whether the intervention reduced ACC claims for injuries from home falls. Results showed an estimated 26% reduction in the rate of injuries caused by falls at home per year in those houses where modifications had been made.

For injuries judged to be most relevant to the modifications, a 39% annual reduction in injuries was found. Previously there has been sparse evidence showing the safety benefits of home modifications, Keall says.

"In view of the large injury burden posed by falls at home, the results of the study have important implications for the design of effective prevention programmes focused on the home environment," he says.

"Our findings suggest that an environmental health approach to injury prevention – focusing on making changes to the home environment rather than trying directly to change behaviour – will prevent an important proportion of deaths, suffering and cost from injury in New Zealand."

The study shows that a national programme of government-funded safety modifications to houses would be feasible and would save the taxpayer money, Keall says.

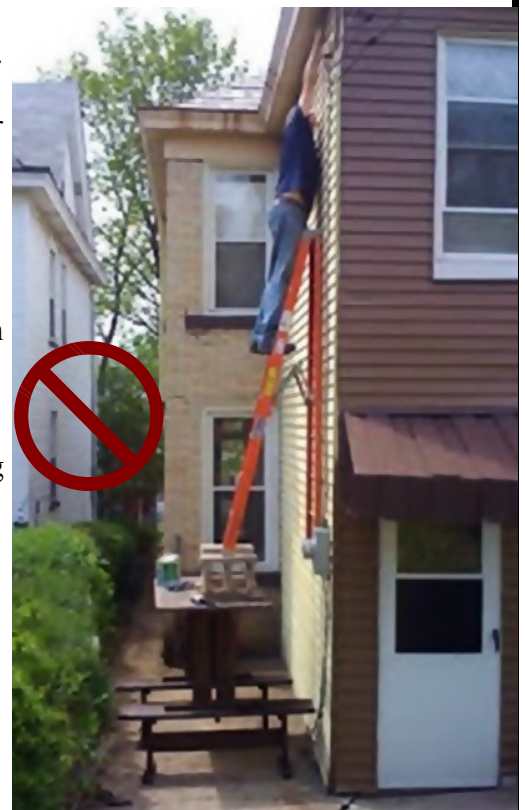
"Injuries from falls pose a major burden to individuals and whanau, and impede productivity and economic growth. Our study shows that home modifications at an average cost of \$564 per house can prevent falls. This provides the basis for a package of repairs and suggests we need to invest nationally to improve home standards."

Modifications in the trial included: handrails for outside steps and internal stairs; minor repairs and high-visibility slip-resistant edging for outside steps; repairs to window catches; grab rails for bathrooms and toilets; adequate outside lighting; fixing lifted edges of carpets and mats; non-slip bathmats; and slip-resistant surfacing for outside surfaces such as decks.

Co-author Professor Philippa Howden-Chapman points out that New Zealand and Sweden are the only countries to have a no-fault accident compensation scheme that creates incentives to prevent injuries, rather than waiting until people injure themselves.

"The ACC claims system also enables us to be sure that we have an accurate record of the injuries that occur, whether they're in the home or occur in another setting. So we can be very sure that the relatively modest repairs and preventive measures we've made to the participants' homes are very effective in stopping people falling and hurting themselves in their homes. It's certainly an effective way of saving tax payers' money."

The trial was called the Home Injury Prevention Intervention (HIPI) study. It was funded by the Health Research Council and has been published online in *The Lancet*.



Embrace Safety and make appropriate choices.



If you like jazz in the park

Jazz Concert 7.00pm this Saturday 11th

*October behind the old Takapuna fire station at Killarney Park.
Supporting the Korean Garden Project. Should be a real classy
performance so get there with the blanky and secure a good spot.*

*This community event is for you. Apologies to those with great dis-
tances to travel but I hope to see many of you there. Wayne*

THE YOUTH COURT OF NEW ZEALAND - Court in the Act 66th edition

TE KOOTI TAIOHI O AOTEAROA

Is this a larger issue throughout NZ?

When the important adults in Tama's life were asked about his oral language, they said things like this: "He talks OK. He can talk in sentences. He gets what you're saying and knows what's going on. He's pretty quiet and keeps himself to himself. He just chooses not to participate. He can't be bothered."

An Audiologist established that Tama had mild problems with his hearing. Although these hearing difficulties were not stopping him from hearing what was said to him completely, they would mean that he would need to concentrate harder than his peers with good hearing and noisy environments would be challenging. Hearing difficulties are common in vulnerable young people and are often undiagnosed and untreated.

Listening, remembering and fully understanding what others say are challenging skills for Tama. He is very easily distracted, especially when the topic does not interest him much. Even when he is trying hard, he finds it difficult to stay focused on the information being talked about, especially if the words are complicated and the sentences are long and complex. Busy, noisy situations are particularly tricky, but a lot of the language Tama hears wafts over him without him tuning in properly, a bit like a radio on in the background.

Others might not be aware of this as Tama tries hard to comply with people – he nods, says yes if anyone asks him if he understands and uses his eyes to watch what others are doing to help him work out what he is expected to do. He does not always realise that he has not fully understood what he has heard. He has begun to think that everything is difficult for him and there is not much point trying at anything challenging and this has started to damage his self-esteem and confidence.

Tama understands the language addressed to him if it is about what he can see in front of him, is short, has easy words and simple grammar and is about a topic that he is interested in. He is often confused by more complicated vocabulary e.g. legal terms, emotion words, words to do with time and complex grammar is confusing for him. Reading between the lines to understand inferred meanings is hard and it can be hard for him to understand others' points of view or perspective on events. Sarcasm and metaphor are often missed by Tama.

Tama can talk. He can use short sentences and he has no speech sound difficulties. He does not stammer and his voice sounds like others of his age. On the surface his talking seems fine.

However the quality of his talk is highly compromised compared to other teenagers of his age. His sentences are short and use basic grammar and he does not always have the vocabulary he needs, relying on 'thing' to fill in the gaps. It is clear that Tama finds it challenging to explain his role in an event, reason, problem solve, resolve conflict, express his perspective or emotions. It is hard for him to interact with his peers with ease. He tends to be on the outside of any group.

The article goes on to suggest how speech therapists can work with cases like this and try to develop change to provide better outcomes for these situations. I can think of some athletes that were limited in their speech when introduced to high profile levels of sport but years later are living proof of positive change and are extremely capable public speakers.

WATER SAFETY

In spite of our recent weather, we are not far off enjoying summer swimming and water-related activities. With our wonderful coastline on our door-step, public and home pools, river systems and lakes, it is timely to remember the following:

- Know your environment—There are different safety rules for beaches, rivers, lakes, public or private pools. Be aware of the local water environment and weather conditions before entering the water.
- Behave safely—Obey all water safety signs, don't drink alcohol while in charge of a boat and make sure someone is looking out for you
- Learn to swim—Being able to swim is an essential water safety skill. Being able to swim also opens up sport, leisure and great recreational opportunities
- If you are swimming at a lifeguard patrolled beach, always swim between the flags.
- Swimming alone is an invitation for increased risk
- Never take your eyes off children in and around the pool. Active supervision means that the child is constantly watched by an adult within arms reach. Part Ref: Child Safety Handbook, Royal Children's Hospital, Melbourne.
- See lots more by clicking on the links to Printable Posters on page 5 from WaterSafe Auckland Inc.

Water Safety continued.

www.adventuresmart.org.nz

KNOW BEFORE YOU GO

The Water Safety

CODE

Before you enter the water get familiar with New Zealand's Water Safety Code.

4 simple rules to help you stay safe:

- 1 Be prepared**
Learn to swim and survive and set rules for safe play in the water. Always use safe and correct equipment. Know the weather and water conditions before you get in.
- 2 Watch out for yourself and others**
Always pay close attention to children you are supervising in or near water. Swim with others and in areas where lifeguards are present.
- 3 Be aware of the dangers**
Enter shallow and unknown water feet first and obey all safety signs and warning flags. Do not enter the water after drinking alcohol.
- 4 Know your limits**
Challenge yourself within your physical limits and experience. Learn safe ways of rescuing others without putting yourself in danger.

Also available:
The Boating Safety CODE **The Outdoor Safety CODE**

For more information about how you can prepare for your water-based activity, visit www.adventuresmart.org.nz

www.adventuresmart.org.nz

KNOW BEFORE YOU GO

The Boating Safety

CODE

Before you go boating on our seas, lakes and rivers, get familiar with New Zealand's Boating Safety Code, no matter what kind of boat you use.

5 simple rules to help you stay safe:

- 1 Life jackets**
Take them - Wear them.
Boats, especially ones under 6m in length, can sink very quickly. Wearing a life jacket increases your survival time in the water.
- 2 Skipper responsibility**
The skipper is responsible for the safety of everyone on board and for the safe operation of the boat. Stay within the limits of your vessel and your experience.
- 3 Communications**
Take two separate waterproof ways of communicating so we can help you if you get into difficulties.
- 4 Marine weather**
New Zealand's weather can be highly unpredictable. Check the local marine weather forecast before you go and expect both weather and sea state changes.
- 5 Avoid alcohol**
Safe boating and alcohol do not mix. Things can change quickly on the water. You need to stay alert and aware.

Also available:
The Water Safety CODE **The Outdoor Safety CODE**

For more information about safe boating education and how to prepare for your boating activity visit www.adventuresmart.org.nz





#wearit4work

WaterSafe **WAI**
AUCKLAND INC. ORA

Photo Competition

3 lifejacket prize packs up for grabs

HOW TO ENTER:



Supporting
Safer Boating Week
www.saferboating.org.nz

1. Take a pic of yourself, family, friends or colleagues wearing a lifejacket for work – in the classroom, on a building site or mowing the lawns – you get the idea
2. You can enter up to three pics any time between Monday 13 and Friday 24 October
3. Post your pic(s) to Facebook, Twitter or Instagram – like or follow us, tag us
4. Use the hashtags #wearit4work and #saferboatingweek
5. Include the category you want to enter #education #community or #workplace
6. Alternatively you could also just email your entry directly to us

Have fun, we look forward to seeing your entries.

See www.watersafe.org.nz/wearit4work for Terms and Conditions.

Like, tag, share, contact us...



facebook.com/WaterSafeAK



[@watersafe_ak](https://twitter.com/watersafe_ak)



[watersafe_auckland](https://www.instagram.com/watersafe_auckland)



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CHILD RESTRAINTS

Things you may need to know

Here is an excellent brochure link with much essential information and help.

www.nzta.govt.nz/childrestraints

Stages 1, 2 and 3 to cover those young years until they surpass the booster level.

You can even click on now. Now's good.



Useful Related Links:

plunket.org.nz

safekids.org.nz

Contacts:

0800 699 000

info@nzta.govt.nz



**2013년 11월 1일부터 아동
안전장치 법률이 개정되어
안전을 향상시키게 됩니다.**

운전자는 자동차에 탄 어린이를
안전하고 올바르게 앉혀야 합니다.



Auckland North Health and Crime

PATIENT SAFETY BETTER

Waitemata District Health Board's drive to improve patient safety and care continues with the it ranked top for use of the surgical safety checklist and third for reducing risk of falling – putting it first among the major metropolitan DHBs.

The latest Quality and Safety Markers released by the Health Quality & Safety Commission (HQSC) last week show Waitemata DHB is joint first place among the 20 DHBs with 99 per cent adherence for using all parts of the surgical safety checklist – up significantly from the 80 per cent achieved in the baseline audit period of December 2012 to February 2013.

“The result is a tremendous achievement for the DHB and signals our on-going commitment to the quality and safety of the service we provide to people undergoing surgery at our hospitals,” Waitemata DHB chief executive Dr Dale Bramley says.

“The achievement would not have been possible without the support of all our staff, particularly our surgical teams who work hard to deliver on our organisational promise of providing best care for everyone.” The checklist, developed by the World Health Organisation (WHO), is a common sense approach to ensuring the correct surgical procedures are carried out on the correct patient. When implemented properly it requires hospital staff to stop and think about what they are doing and why. Thinking about what could go wrong is also important, for example checking for allergies to medicines.

The DHB has also maintained an excellent result for the number of older patients at risk of falling who received an individualised care plan with 97 per cent achieved April to June 2014, well above the national goal of 90 per cent. The individualised care plan ensures that each patient is assessed individually for personal risk factors that may result in a fall and has a care plan that addresses those factors.

“There is still work to be done but the results are encouraging and we continue to focus within the organisation on improving all aspects of our performance in quality and safety,” Bramley says.

Fairfax 30 Sep 14

DISTRICT CRIME UP BY 3.3%

An increase in crime in the Waitemata District is being attributed to a new system that lets people report offences over the phone.

The Waitemata District covers the North Shore, Hibiscus, Rodney and Waitakere and recorded the biggest increase in crime during the last financial year, according to Statistics New Zealand.

Recorded crimes rose by 3.3 per cent, but a big population growth means offending only rose by 1.6 per cent per head of population.

Police say this is because of the district's new Crime Reporting Line.

Waitemata District Commander Superintendent Bill Searle says even though it means the numbers have increased slightly, the fact that people are ringing to report crimes is encouraging.

“It means that we're able to build up a fuller picture of where crime is happening and deploy our staff to the places where they're needed most.” Searle says it also allows police to decide what action to take to prevent offending.

“Waitemata has the lowest crime rates per head of population in the country and our staff are determined to maintain this position.” Traditionally people had to go into a police station and fill out a form to report a crime. The Crime Reporting Line was introduced in February 2013 and means crimes are being reported that police would previously not heard about.

A large portion of the phone reports are about thefts and property offences, such as petrol drive-offs, shoplifting and vandalism.

Nationwide there was a 3.2 per cent drop in crime.

Assistant Commissioner Grant Nicholls says police want New Zealanders to feel safer in their homes and communities.

“Since the 2008/2009 fiscal year we have seen a 20 per cent drop in recorded criminal offences. In real terms this means there are far fewer victims of crime than there were five years ago.” Nationally crime dropped by 4.1 per cent per head of population. Fairfax 30 Sep 14

END