

Osteoporosis and Fracture Prevention Resources for Families

How to Use This Resource List

This resource list is for residents and family members interested in learning more about osteoporosis and fracture prevention in Residential Aged Care Facilities in Australia. As a resident or family member, you can use these resources to increase your awareness of and knowledge about osteoporosis and fracture prevention within your aged care home, thereby helping to promote good bone health among aged care residents.

This list contains links to education resources on osteoporosis and fracture prevention. Review and share these resources to help increase awareness of and knowledge about osteoporosis and fracture prevention within your long-term care home,

The resources are organized by category. All resources in this list were produced by reputable organizations. You can find the name of the organization that produced the resource in italics to the right of the resource title.

Hyperlinks are provided so that you can access the resource directly. Please note that the links were correct and functional as of February 2020, but we cannot guarantee them beyond that date. If you find an incorrect or broken link, please contact us at aimss.org.au/contact.

Disclaimer: The links provided in this resource list are for information only and do not replace medical advice.

Understanding Osteoporosis

About Bones

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/your-bone-health/about-bones/>

Osteoporosis Explained

NPSMedicine Wise

<https://www.nps.org.au/consumers/osteoporosis-explained>

Causes Osteoporosis & Osteopenia

Jean Hailes for Women's Health

<https://jeanhailes.org.au/health-a-z/bone-health/causes-of-osteoporosis-osteopenia>

Signs, Symptoms & Risk Factors

Signs & Symptoms of Osteoporosis

Jean Hailes for Women's Health

<https://jeanhailes.org.au/health-a-z/bone-health/signs-symptoms-of-osteoporosis>

Risk Factors

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/your-bone-health/risk-factors/>

Know Your Bones

Online bone health assessment tool (launched in June 2016)

The Garvan

<https://www.knowyourbones.org.au/>

Diagnosing Osteoporosis

How is osteoporosis diagnosed?

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/osteoporosis-you/diagnosis/>

Osteoporosis Overview

Detailed overview of symptoms, diagnosis, risk factors, management, falls prevention etc. Better Health Channel, Victoria State Government

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/osteoporosis>

Osteoporosis in Australia

Estimating the Prevalence of Osteoporosis in Australia

Australian Institute of Health & Welfare, Australian Federal Government.

<https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/estimating-the-prevalence-of-osteoporosis-in-austr/contents/summary>

Exercise & Bone Health

Exercise & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/your-bone-health/exercise-bone-health/>

Exercise and Movement

Exercise & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/your-bone-health/exercise-bone-health/>

Ten Tips for Safe Stretching

Better Health Channel, Victoria State Government

<https://www.betterhealth.vic.gov.au/health/ten-tips/10-tips-for-safe-stretching>

Exercise for healthy bones

Osteoporosis Canada

<https://osteoporosis.ca/bone-health-osteoporosis/exercises-for-healthy-bones/>

Exercise for healthy bones” downloadable factsheet

Osteoporosis Canada

www.osteoporosis.ca/multimedia/pdf/publications/OC_Exercise_For_Healthy_Bones_EN.pdf

Too Fit To Fracture: Managing Osteoporosis Through Exercise (booklet)

Osteoporosis Canada

<http://www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-To-Fracture-Osteo-Exercise-Book.pdf>

Living with Osteoporosis

Personal Stories - stories of people living with osteoporosis

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/osteoporosis-you/personal-stories/>

Breaking a Bone – what next?

Experiencing a fracture/breaking a bone - what happens next? eg. management, rehabilitation & recovery

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Breaking-A-Bone-1.pdf>

Falls

Older People - preventing falls at home

Better Health Channel, Victoria State Government

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/falls-prevention-at-home>

Falls Services for Older People

Better Health Channel, Victoria State Government

<https://www.betterhealth.vic.gov.au/health/ServicesAndSupport/falls-services-for-older-people>

Managing the Risk of Falls

Jean Hailes for Women's Health

<https://jeanhailes.org.au/health-a-z/bone-health/managing-the-risk-of-falls>

Calcium, Vitamin D & Osteoporosis Treatments

Calcium and Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Calcium.pdf>

Vitamin D and Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Vitamin-D.pdf>

Osteoporosis Treatment

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/osteoporosis-you/treatment/>

Medical Conditions & Medications Impacting on Bone Health

Anorexia Nervosa and Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Anorexia-Nervosa.pdf>

Breast Cancer and Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Breast-Cancer.pdf>

Celiac Diseases & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Coeliac-Disease.pdf>

Diabetes & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Diabetes.pdf>

Glucocorticoids & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Glucocorticoids.pdf>

Osteopenia & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Osteopenia.pdf>

Pregnancy & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Pregnancy.pdf>

Prostate Cancer & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Prostate-Cancer.pdf>

Rheumatoid Arthritis & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/wp-content/uploads/2020/11/HBA-Fact-Sheet-Rheumatoid-Arthritis.pdf>

Thyroid Conditions & Bone Health

Healthy Bones Australia (formerly Osteoporosis Australia)

<https://healthybonesaustralia.org.au/resource-hub/fact-sheets/>