

# Talk Sheet:

## Accessing Information on Osteoporosis and Fracture Prevention

### How to Use This Talk Sheet

This talk sheet is for family members to use to support access to information and gain a better understanding of current knowledge on health issues that affect people living in Residential Aged Care Facilities (RACFs). We suggest that you read this sheet in conjunction with the document titled *Osteoporosis and Fracture Prevention Resources for Families* as part of our [Osteopathy in Residential Aged Care - Tools & Resources](#).

As a family member, you can use this talk sheet to help you access information and to ask questions of the doctors and RACF staff regarding how osteoporosis and fracture affect your loved one.

#### The goals of this this talk sheet are to:

- Provide information on how to talk about osteoporosis and fracture prevention
- Support effective knowledge sharing on osteoporosis and fracture as they affect RACF residents
- Empower families with information about osteoporosis and fracture prevention

#### Questions to ask to guide a discussion

- What can we do to prevent falls and fractures?
- How does osteoporosis and fracture prevention affect RACF residents?
- How many of the RACF's residents are affected by osteoporosis?
- What are the symptoms of osteoporosis and fractures?
- What treatment options or interventions are available for osteoporosis and fractures?
- How can we best support residents with osteoporosis and fractures?
- Is this an acute or chronic issue? Is it life threatening or altering?
- How does this affect my/my family member's quality of life?
- What can we expect as this condition progresses?

## Tips for gathering information on your own

- Talk to the appropriate contact at your family member's RACF (e.g., the Clinical Director, relevant Facility Staff such as the Physiotherapist and/or your loved one's Doctor(s)) for information - ask who you can contact or where you can go to get more information.
- Be careful if searching online for information: only visit reputable sources for reliable, accurate information and don't believe everything you read. Verify information with an expert.
- Reach out to organizations or associations that specialize in or focus on the medical issue e.g., Better Bones Australia (formerly Osteoporosis Australia).
- When meeting with an expert or professional, have a list of questions ready to ask and a notebook or other way to take notes during the meeting.
- If appropriate and desired, have a trusted person attend the meeting with you so they can take notes. A meeting about osteoporosis or a fracture may be overwhelming for you and it can be helpful to have another set of eyes and ears.