Creating New Pathways

engageVR

Falls Prevention Program

The Falls Prevention Program is an expert-led group program designed to increase confidence, safety and independence. Learn evidence-based strategies and engage in tailored exercises in a supportive community to reduce the risk of falls and enhance overall well-being.

Program Objectives

Learn strategies to reduce the risk of falls.

Increase falls risk awareness.

Improve strength, mobility, and balance.

Create a safe home environment.

Reduce fear of falls.

Improve community access.

Develop an individualised falls emergency plan.

Program Outline

The Program runs over 8 weeks and includes the following.

- Pre and Post Screening Assessment
- Sessions include a 30minute educational component and 30minutes of supervised group-based exercise.
- Each participant will receive a Falls Prevention Program workbook.

Who can Benefit

Anyone who has;

- had a recent fall or are fearful of falling
- difficulty with balance or physical strength
- reduced ability to cope with day-to-day activities in the home or community due to balance or mobility difficulties.

FAQ

HOW DO I GET STARTED?

Call us today to book a pre-screening assessment. Alternatively, you can book a complimentary meet and greet to meet our team, see the clinic and discuss the program.

DO I NEED A REFERRAL?

Most clients do not need a referral unless you are claiming through Lifetime Care and Support, Medicare (EPC), or Workers Compensation.

WHO WILL PRESENT THE PROGRAM?

A team comprising of Physiotherapists, Occupational Therapists, Exercise Physiologists, Dietitians, Pharmacists, Podiatrists, Optometrists, Psychologists and Nurses.

Call us on 1300 364 243 | Unit 1/60 Griffiths Rd, Lambton NSW 2299