

Falls Management Exercise



You can reduce your risk of having a fall by making simple changes to your home and doing exercises to improve your strength and balance.

How we can help

- Initial falls assessment
- Attend once a week for 24 or 36 weeks
- Complete strength and balance exercise programme
- Optional additional 14 weeks Strength and Balance class



Who can we help

- History of falls in the last 12 months
- Fear of falling
 - Balance Problems or feeling unsteady
 - 4 or more medications a day
 - Use of a walking Aid
 - Medical condition that affects balance like Parkinson's, Stroke, Dementia or Osteoporosis
 - Medically Stable/ any conditions under control



What do I do now?

Visit: southend.everyonehealth.co.uk

Email: eh.southend@nhs.net

Tel: **0333 005 0095**

It's all
FREE!