

Local Falls Prevention Programmes

These programmes help you prevent falls by building balance and strength.

Ask your health practitioner to tick those most suitable for your needs.

Programmes	Location	Day & Time	Cost
<input type="checkbox"/>
Contact person and details:			
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Contact person and details:			
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Contact person and details:			
<input type="checkbox"/>
Contact person and details:			
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Contact person and details:			

If you would prefer to exercise at home, ask your health practitioner for an exercise leaflet such as the Chair Stand Exercise.

You can benefit by increasing your activity yourself:*

- Do as much exercise and physical activity, e.g. gardening, as you can; talk to your health practitioner first if you are thinking of starting a new type of exercise or increasing the level of exercise or physical activity that you normally do. Ask if a green prescription is right for you.
- Limit the amount of time you spend sitting in your chair or lying in bed
- Start off slowly and build up your physical activity to the recommended level
- Aim to do aerobic activity (that makes you breath harder and your heart beat faster) on five days per week for at least 30 minutes per day, e.g. walking. If you do something more energetic, e.g. aerobics or aqua-jogging, 15 minutes per day for five days a week is ok. You could also do a mixture of gentle and energetic activities, and split up your activity into three 10 minute sessions throughout the day instead of doing it all at once.

Aim to do three sessions of flexibility and balance activities, such as Tai Chi classes for older people, and two sessions of muscle-strengthening activities per week, e.g. the chair stand exercise.

* Recommendations from the Ministry of Health Guidelines on Physical Activity for Older People (aged 65 years and over)