

My team *is* **BRHS**

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.



We welcome feedback at:

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Falls Prevention Group
General Information

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.

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Bairnsdale Regional Health Service is located on the traditional land of the Gunaikurnai people.

What is the Falls Prevention Group?

The Falls Prevention Group is for older adults, living in or near Bairnsdale.

If you are at risk of a fall or have fallen over in the past, the group could benefit you.

The Falls Prevention group is conducted by Allied Health staff of Bairnsdale Regional Health

Service.

- It is an 8 week program
- one hour sessions, twice a week

The group perform strength and balance exercises. These exercises are chosen to suit your physical ability.

We also invite other staff to talk about ways to reduce your risk of falling.



Why should I attend?

Falls are the leading cause of injury-related hospital admissions in people aged over 65 years.

Your risk of falling can be reduced by performing exercises and following safety advice.

Coming to the Falls Prevention Group is an effective way to prevent falls and maintain your quality of life.

How can I join?

Ask your Allied Health Therapist, or talk to your doctor.

Or you can contact the Allied Health Department directly on **(03) 5150 3388**. Ask to speak to someone about the Falls Prevention Group Program at BRHS.



Our next Falls Prevention Program commences

Date: _____

Time: _____

For further information contact the
**Allied Health Department at
Bairnsdale Regional Health Service on (03) 5150 3388**

REFERENCES:

Review of strength training for older adults in Victoria, 2004, www.seniors.vic.gov.au.
"Falls prevention for older people" Fact Sheet, www.betterhealth.vic.gov.au