

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

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

We welcome feedback at

Bairnsdale Regional Health Service

PO Box 474, BAIRNSDALE VIC 3875

t: (03) 5150 3333

f: (03) 5152 6784

e: email@brhs.com.au

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.

Issue date: MONTH YEAR



Bairnsdale Regional Health Service



Falls Prevention Group

General Information

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.

To participate:

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.

