

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 36 weeks and complete home exercises
- A complete strength and balance exercise programme
- Educational talks providing information and advice

Who can we help

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



Sessions in: **Hockley, Rayleigh, Canvey Island, Hadleigh/Benfleet**

What do I do now?

Visit: everyonehealth.co.uk

Email: clinical.contactcentre@nhs.net

Tel: **0333 005 0095**

It's all
FREE!