

# FALLS PREVENTION PROGRAM

The Falls Prevention Program aims to reduce the incidence of falls that occur as a result of a fall. This is achieved by assessing an individual's risk of falling and providing exercises that improve strength, balance as well as providing advice on changes in the home setting to reduce these risks.

The program is provided by the Physiotherapy and Occupational Therapy departments.

An assessment by the Physiotherapist determines which intervention is appropriate; either a group or home based program and makes further referrals if required. There is a charge for this service. An occupational therapy assessment can also be conducted at home to help determine any risk factors that may put an individual at risk of falling. Strategies are put in place to reduce the risk.

Individuals can access these services by phoning reception on (02) 60763200