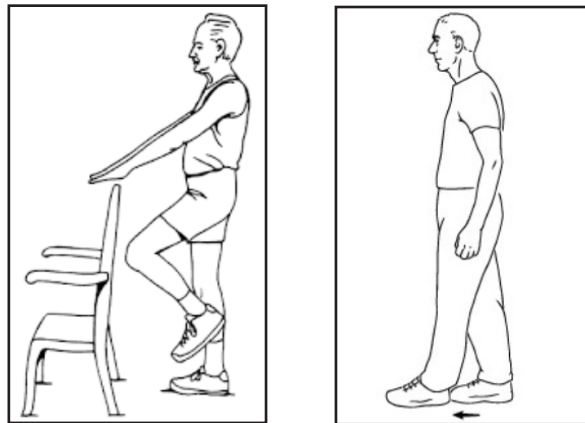


Balance and Bone Group

QVH Rehabilitation Unit



Background

A fall is an event that results in a person coming to rest unintentionally on the ground or floor or other lower level (Nice 2017)

- 1 in 3 people over 65, plenty in good health, will have a fall this year
- The risk of having a fall increases as we get older, half of people over 80 will fall at least once a year
- Half of people who fall will fall again in the next 10 months
- Falls are a huge cost to the NHS, more than £2 Billion per year. (Kings Fund 2025)

Format

- 15-week programme (consisting of 3 weeks attending the Rehabilitation Unit and 3 weeks at home over 3 cycles)
- Seated and standing exercises
- Functional exercises
- Educational talk.

The aims of the group are to:

- Build confidence
- Improve strength
- Improve balance
- Improve cardio endurance
- Improve function
- Raise awareness of falls risk
- Reduce risk of falls
- Provision of home exercise programme
- Enjoyment.

Commitment

- It is your choice to attend the group, but to maximise the benefits of this programme we do recommend that you attend as many times as possible.
- If at any time you are unable to attend, it is expected that you will inform us on the number below.
- To undertake home exercise programme.

Contact details

Rehabilitation Unit

01342 414345

If you'd like to find out how you can support QVH
please visit
www.supportqvh.org

