

WHAT IS THE HOME BASED FALLS PREVENTION PROGRAM?

- The Home Based Falls Prevention Program is a strengthening and balance exercise program that helps you to reduce your risk of having a fall.

WHAT CAN I EXPECT?

- Better balance
- More energy
- Confidence when walking
- Weight loss
- Feeling healthier
- Housework easier to manage

**You will have support throughout the program
from an Allied Health Assistant and a Physiotherapist**

HOW MUCH WILL IT COST ME?

- The Home Based Falls Prevention Program is **FREE.**

WHAT DO I NEED TO DO IF I WANT TO PARTICIPATE?

- You need to be 80 years or older.
- You need to want to participate in the program, in your home, for 6 months.
- We will give you an approval form, for your doctor to sign.
- You will need to give the signed approval form to the physiotherapist who comes to assess you.
- Ask to speak to BBCH Home Based Falls Prevention Program Coordinator, Liz Pressick. Phone 9598 2808.



**For more details on
The Home Based Falls Prevention
Program**

**Ask to speak with
The Coordinator**

**Based at Bentleigh Bayside
Community Health
- Bayside Site
Phone: 9598 2808**



**HOME BASED
FALLS PREVENTION
PROGRAM**



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