

FALLS PREVENTION: STAY STRONG, STAY STEADY



WHY FALLS PREVENTION MATTERS

As we get older, it is natural for our bodies to change but falling does not have to be part of the process. Many falls can be prevented with the right support.

If you answer 'yes' to any of the questions below, strength and balance exercises may benefit you:

- Have you slipped, tripped or fallen in the last year?
- Do you need your hands to get out of a chair?
- Have you stopped doing certain things because you are afraid of falling?

Older adults are more at risk due to changes in balance, muscle strength, reaction time and vision. A fall can lead to serious injury and lasting impacts, but with early action, you can stay active, confident and independent.

FAST FACTS

- 1 in 4 people aged 65+ fall each year
- Falls are often caused by gradual physical changes or home hazards
- Serious falls can lead to fractures, hospitalisation and long-term health impacts
- Falls prevention is most effective when tailored to your individual risk level



MEAD PHYSIO GROUP
LINKED HEALTH CARE
Physio | Exercise Therapy | Massage



EXERCISE RIGHT & REHAB
+ **PILATES STUDIO**

**THE
STRENGTH
LAB**

(Part of the Mead Physio Group)

HOW WE CAN HELP

Our experienced Exercise Therapy team offers Falls Prevention Programs (FPP) that are fun, safe and tailored to your needs.

We begin with a simple assessment to understand your risk level. From there, we guide you through exercises to improve your balance, strength and coordination - designed to help with everyday activities like gardening or getting out of the shower.

In addition, you may require adjustments to your home to make it safer, as well as medication management, bone density checks, visual and cognitive assessments.

HOW TO GET INVOLVED

To take part in our FPP, you can self-refer or discuss a referral with your doctor.

This program can be funded privately, or may be subsidised under a Medicare Care Plan. You can also check with your health fund for potential rebates. Please contact our admin team for current pricing and class schedules.

Once referred, we'll guide you through the rest of the process!



**VISIT OUR WEBSITE
TO FIND OUT MORE!**



Mead Physio Group

Shop 1/13 Mead Street, Kalamunda WA

Exercise Right & Rehab

Shop 3/14 Mead Street, Kalamunda WA

The Strength Lab

Shop 30 Kalamunda Central | 39 Railway Road

www.meadphysiogroup.com.au