

Falls Prevention Program

What is the Falls Prevention Program?

A free, 6-week program to support Tasmanians to reduce their risk of falls. Learn how to improve your balance, strength and confidence.

The Falls Prevention Program is supported by Healthy Tasmania, an initiative of the Tasmanian Government.

This program aims to improve reduce falls risk through education, a tailored exercise program and health coaching. Participants will learn how to reduce the risk of falls, while enhancing confidence, independence and physical ability.

Together with the tailored exercise program, participants will learn how to identify hazards and make changes, as well as know what to do if the case of a fall.

What are the benefits?

The program outcomes are:

- Feel better in your body through a tailored exercise program
- Help to reduce the risk of falls
- Learn to build strength and move better
- Boost your confidence

Who is the program for?

The program is for people residing in North West Tasmania who are:

- Living with an illness or injury that makes it harder to move around and do things on your own, such as getting dressed, showering, or going to the toilet without help.
- Aged 60 and older, or are an Aboriginal or Torres Strait Islander person aged 45 or older

Participants will need a medical clearance from their GP prior to starting the program.

Where is the program available?

This program is available in the following locations:

- Burnie
- Central Coast
- Circular Head
- Devonport
- Waratah-Wynyard

Core principles

The following learning outcomes guide the program:

- **Risk Identification Skills:** Participants will be able to identify fall risk factors in their daily lives. This includes home hazards and risky behaviours.
- **Balance and Strength Improvement:** Participants will learn exercises that improve their ability to prevent a fall. These exercises help stability, strength, and mobility.
- **Environmental Modification Knowledge:** Participants will learn how to assess their living spaces and make changes that reduce fall hazards.
- **Emergency Response Preparedness:** Participants will develop and practice an action plan for what to do in the event of a fall. This includes learning how to get up, call for help, and access emergency services.

What are the program features?

The Falls Prevention Program runs over a period of 6 weeks and includes weekly exercise and education classes (90 minutes) and phone coaching sessions (up to 30 minutes) to keep you on track.

- It's a free program – there is no cost to participants
- Individual assessments – one when you start, one when you finish
- Individually tailored exercises
- Information to help you feel confident to reduce your risk of falls
- Personal support from your health coach
- Small classes - a maximum of 6 participants
- A supportive, safe and non-judgemental environment
- Balanced, personalised attention from a health professional
- Make social connections

Assessments

At the beginning of the program, participants are assessed on their gait and balance. This guides individual program goals and ability. Each participant is prescribed an exercise program to meet their goals and improve function. Weekly classes and phone health coaching will monitor and support progress. The assessment will be repeated at the end of the program to determine change.

At the end of the program, participants are given information and a referral to a local group exercise provider. Information about the participant's progress and final assessment details is shared with the original referrer and the participant's nominated GP.

Exercise and education classes

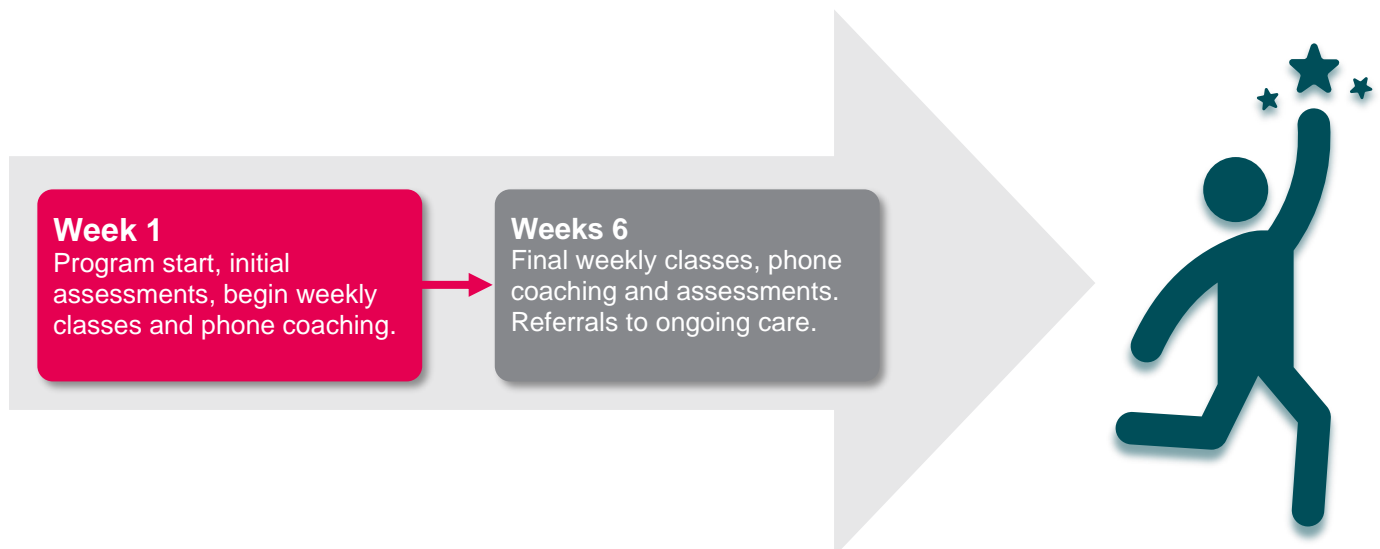
Each 90-minute class of the 6-week program will combine education and exercises.

Education topics include:

- An introduction to preventing falls
- Falls risk identification skills
- Balance and strength improvement
- Environmental modification knowledge
- Emergency response preparedness

How often can someone participate in the program?

Participants may only participate in the program once. Referrals will be made to a local group exercise provider after completing the final assessment at week 6.



How many participants are in each group session?

Sessions generally have a ratio of 4-6 participants to one trainer.

How can participants join the program?

To refer a potential participant who has given consent into the program complete [this form](#). **Medical clearance is required from the participant's GP prior to the program start.**

Referral into the program can be made by:

- community and primary healthcare providers (including GPs, nurses and allied health)
- hospitals, allied health providers and specialists
- Self-referrals from the participant themselves (with medical clearance from a GP)

Who is Salveo Healthcare?

Salveo Healthcare is a proudly Tasmanian, not-for-profit organisation that exists to keep Tasmanians out of hospital, supporting them to live a healthy life at home in their community.

We are a team of nurses delivering innovative, preventative care services directly into the homes and communities of Tasmanians. Salveo Healthcare provides services across Tasmania including to regional areas and priority populations.

Who is Healthy Business?

Healthy Business is Salveo Healthcare's selected provider to deliver the Falls Prevention Program. Healthy Business is an experienced provider of community exercise programs.

Healthy Business provides expertise through a multi-disciplinary approach to community and workplace health. Our health professional team include experienced practitioners of exercise physiology, occupational therapy, physiotherapy, psychology, musculoskeletal rehabilitation, dietetics, and communications. It is this multi-disciplinary approach that drives the depth of our multi-modal coaching services, ensuring that participants in our programs are getting the most effective support they need every time.