

Community Based Falls Prevention Programme

Are you worried about falling?

Are you concerned about a family member or friend falling?

and/or

Have you fallen in the last 12 months? And are you aged 65 years or over?

- **Did you know? Falls are NOT a normal part of ageing**
- **Many falls can be prevented**
- **Impaired strength and balance contribute to most falls**
- **Women are one and a half times more likely to fall than men**

What is the Falls Prevention Service?

A free service designed to reduce falls in our community, and hospitalization as a result of falls. The idea is to regain, maintain and sustain your independence!

What does the service include?

- A home visit from a physiotherapist or registered nurse, who will conduct a falls assessment and draw up a personal falls prevention programme for you
- A home hazard check
- Supervision by a registered nurse, physiotherapist or qualified instructor
- Evidence and needs based programmes aimed at improving strength and balance for older people at risk of a fall
- Where appropriate, the programme will

be aligned with other services you may already be receiving

What is the Modified Otago Exercise Programme (MOEP)?

This is a year-long home based exercise programme where the Falls Champion designs and monitors an exercise programme for you to increase your muscle strength and balance. MOEP is the most appropriate programme for 70% of people referred to the Community Falls Prevention Service.

What other support is provided?

If you do not require the MOEP, your Falls Champion will work with you to determine and support you participating in the most appropriate service from:

- Home based multi-component exercise programmes with an emphasis on strength and balance (overseen by Falls champion)
- Community based falls prevention groups (e.g. group based OEP, Modified Tai Chi in community settings)
- Community based group exercise classes
- Green Prescription

What can I do to help prevent a fall?

- Your carpets and rugs should lie flat and be non-slip
- Keep walkways clear of clutter, i.e. electrical cables, magazines etc.
- Mop up spills in the kitchen and bathroom as they happen.
- Make sure stairs are well lit.
- Make sure your shoes and slippers fit well and have non-slip soles.
- Have your vision checked regularly.
- Have regular medical check -ups with your GP.

Where can I get more information?

Contact your General Practice, nurse, physiotherapist, pharmacist or other health professional to discuss if this service would be of benefit to you.

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz