

# Falls Management Exercise



You can reduce your risk of having a fall by making simple changes to your home and doing exercises to improve your strength and balance.

## How we can help

- Initial falls assessment
- Attend once a week for 24 weeks
- Complete strength and balance exercise programme

## Who can we help

- History of falls in the last 12 months
- Fear of falling
- Balance Problems/Feeling unsteady/any dizziness
- 4 or more medications a day
- Use of a walking Aid
- Medical condition that affects balance like Parkinson's, Stroke, Dementia or Osteoporosis
- Medically Stable /any conditions under control



What do I do now?

Visit: [westsussex.everyonehealth.co.uk](https://westsussex.everyonehealth.co.uk)

Tel: **0333 005 0095**

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