

**Falls Prevention Program
is designed to promote
healthy living so you can**

- **be active**
- **be independent**
- **avoid hospitalization**

***The greatest health risk
for older adults is
sedentary living***

(W.H.O. 1997)

Invest in yourself

You deserve it!

**MARKHAM STOUFFVILLE HOSPITAL
381 Church Street, Box 1800
Markham, Ontario L3P 7P3**



FALLS PREVENTION EXERCISE PROGRAM

***A community service
provided by the hospital***

PROGRESSIVE • COMMUNITY • CARE

Why?

- Falls are a leading cause of injury among seniors
- Fear of falling can lead many seniors to withdraw from activities
- Most falls are preventable
- Taking part in an exercise program may help reduce the risk of falls

Who?

- Older Adults who are at risk of falling
- Older adults who are having problems with falling
- Must have the ability to safely take part in a supervised group program
- Must be able to walk 25 metres with or without a gait aid
- Able to arrange own transportation

What?

- Preassessment by the Physiotherapist
- Small group exercise program to improve lower extremity strength, balance, gait and functional mobility
- 'Falls Education'
- Home Exercise Program
- Follow-up reassessment

When?

- 4 consecutive Thursdays
- 11:00 a.m. to 12:00 noon for group exercise
- 12:00 noon to 12:30 p.m. for group education
- 4 - 5 week home exercise program
- Follow-up reassessment at program completion.

Where?

Markham Stouffville Hospital

Registration - 1 Centre

Referrals

A physician's referral is required to the Falls Prevention Exercise Program.

Forms available by contacting
(905) 472-7387