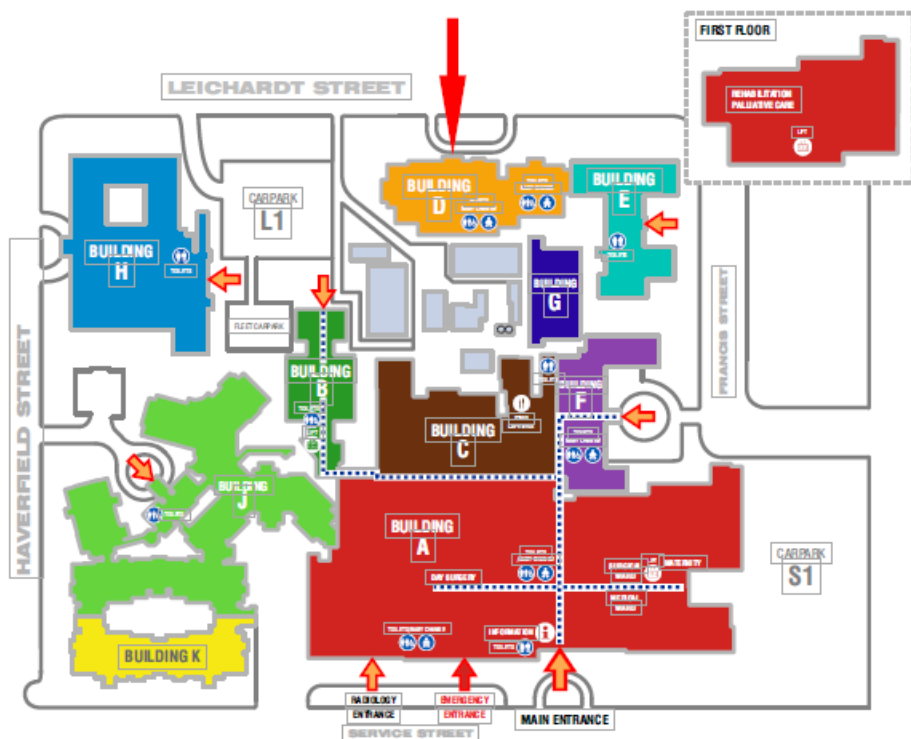


The Hopwood Centre is located in Building D



COMMUNITY REHABILITATION PROGRAM

Better Balance Group

Monday and Thursdays

The Hopwood Centre

Leichardt Street

8.30am – 4.30pm

Phone: 03 5485 5801

Fax: 03 5485 5833



What is the Better Balance Group?

The 8-week program runs twice a week and includes exercises and education sessions.

It is designed for people who have had a fall in the past 12 months, who feel unsteady on their feet and/or are worried about having a fall.

Evidence shows to reduce falls risk, we need to undertake at least two hours of moderately challenging balance exercises each week

Program aims to help you:

- Learn strategies to reduce your risk of falling
- Improve your confidence/reduce fear of falling
- Improve your balance and strength

What do the education sessions cover?

How to improve your balance, how to get on/off the floor, appropriate footwear, dizziness, hazards in the home environment, medications that can affect your balance, and the role of nutrition.

What to expect?

- Assessment with Physiotherapist and Allied Health Assistant (AHA) before you commence and on your final week
- Twice weekly AHA led exercises at the Centre plus an individualised home exercise program
- Access to additional allied health professionals as required during your care
- Education and referrals to community groups

How do I access this service?

- You will need a referral from a GP, Specialist Service, internal or external hospital or other health/allied health service
- Upon receiving your referral, the team will be in contact with you.

What to bring to an appointment?

Comfortable clothing, well-fitting supportive footwear and a water bottle

When?

Monday and Thursdays: 1 hour morning sessions