

Upright & Able Falls Prevention

Free on registration

Timetable till July 2012

Venue	Start date and time
STOKE AMI Suburbs Clubrooms Saxton Field	January 31 st at 1.30pm April 17 th at 1.30pm May 29 th at 1.30pm
RICHMOND Methodist Church Hall	February 8 th at 10.30am May 9 th at 10.30am
NELSON Reformed Church Enner Glynn	February 7 th at 10am April 17 th at 10am May 29 th at 10am
GOLDEN BAY Senior Citizens Hall Takaka	February 16 th at 10am
MOTUEKA St. Johns Hall	March 28 th at 10am
MAPUA Community Hall	March 5 th at 10am

Entry Criteria

For anyone who has had a slip, trip or fall, has a fear of falling or is taking four or more medications.

Upright & Able may not be suitable for those with:

- Very limited mobility
- Dementia or memory problems
- Very poor vision or hearing

Referral Details

Download a referral form from:
www.bewell.org.nz/fallsprevention

Or contact:

Cherie Thomas
Falls Prevention Coordinator
Nelson Bays Primary Health
Phone: 0800 731 317
DDL: (03) 539 1812
Fax: (03) 539 4958
e-mail:
Cherie.Thomas@nelsonbayspho.org.nz

The purpose of Upright & Able is to:

Reduce the incidence and impact of falls in older adults.

The objectives are to:

- Increase awareness of falls risks.
- Increase confidence and reduce the fear of falling.
- Improve leg strength and balance.
- Remain active after completion.

Upright & Able Programme:

- Is held once a week for 6-weeks.
- Combines education and samples suitable activity options.
- Your 'Falls Risk' is assessed by NMDHB Physiotherapists on entry and exit.

Transport may be available for non-drivers via the Red Cross Community Transport service.

Referrals will be accepted from:

All health providers, including general practice, physiotherapist, pharmacist, hearing specialist or Māori health provider. We also accept self-referrals.

For more information contact

Nelson Bays Primary Health

T: 539 1170 or 0800 731 317

F: 539 4958

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