



Sandwell Falls Prevention Service

Feeling unsteady?

Are you worried about having a fall?

Sandwell Falls Prevention Service offers you free exercise support to improve your mobility, strength and balance and reduce your risk of falling.

ELIGIBILITY:

- ✓ 50+
- ✓ At risk of falls
- ✓ Fear of falling/ had falls
- ✓ Live in Sandwell
- ✓ OR registered to a Sandwell GP



Did you know?

Our 'Staying Steady' guide is free to download on our website and provides information and tips on how to reduce your risk of falling.

How it works...

1. Get in touch

Once you have contacted us, our team will be in touch with you to arrange an assessment.

2. Assessment

- A simple questionnaire to help us understand your health and circumstances
- A falls risk assessment to help us understand your current level of balance and mobility
- A wellbeing assessment to keep your mind healthy
- A short walk (Timed Up and Go) test to find out your risk of falling

3. Falls Prevention Support

Following your assessment, we can offer you:

Strength and balance exercise for 12 weeks at one of our community venues led by a qualified instructor

Information Advice and Guidance on reducing the risks of falls and exercising safely at home

Information about other suitable community services and support

BENEFITS:

- ✓ Improves strength and balance
- ✓ Improves mobility
- ✓ Reduces social isolation
- ✓ Reduces the risk of falls for older adults
- ✓ Reduces the risk/severity of health conditions related to inactivity
- ✓ Access to appropriate services

