

Instructors

All Postural Stability Instructors will have undertaken accredited PSI training and be registered with the Register of Exercise Professionals, have a Disclosure and Barring Service (DBS) Check, an appropriate First Aid Certificate, Indemnity Insurance and Safeguarding Adults training.



**Are you a frequent faller?
Speak to your GP today
about the Frequent Falls
Exercise Service**

*Our vision is a world where
older people flourish, and our
mission is to improve the lives
of all older people in the
borough of Solihull*



Age UK Solihull
The Core
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Funded by



Frequent Falls Postural Stability Instruction Service



**PSI
Patient Leaflet
Love Later Life**

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What is the Service?

- The Postural Stability Exercise Service is a 20 week programme of 1 hour classes designed to reduce the risk of a fall, through improving strength, power, balance and confidence
- Those accepted onto the programme will need to commit to undertaking exercise at home as instructed at least 3 times a week between classes and following the end of the programme—at least 50 hours of exercise over 6 months
- Age UK will support participants with communication and transport needs by designating them a volunteer driver if necessary.
- The service is **FREE**



Access to the Service

- Referrals to the service will come through health professionals such as health teams within your local hospital, your GP or a Falls Advisor
- Participants must be 65 and older with a history of falls in the last 12 months.
- Participants must be registered with a Solihull GP

Where will the service be based?

- The service will be based at easily accessible locations within Central Solihull
- Classes are normally held on a Monday, Wednesday and Thursday at the Renewal Family Centre, Lode Lane, Solihull
- Classes will be supported by Age UK Solihull staff and trained volunteers

Benefits

The programme should help participants to:

- Understand the wider benefits of exercise.
- Be motivated to build the level of exercise gradually.
- Maintain independence.
- Undertake appropriate exercise during the programme.
- Have a reduced fear of falling.
- Get up off the floor if a fall occurs.
- Have increased confidence.
- Meet others
- Access appropriate exercise after the programme ends.



Exclusions

Unfortunately there may be some older people with certain health conditions who will not be suitable for the programme. A list of exclusions can be obtained from Age UK Solihull.