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.

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

Solihull age UK

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

Funded by

Age UK Solihull
The Core
Central Library Building
Homer Road
Solihull
B91 3RG
Tel : 0121 704 7845

Frequent Falls
Postural Stability Instruction Service

PSI
Patient Leaflet
Love Later Life

Funded by

Birmingham and Solihull Clinical Commissioning Group

TELEPHONE: 0121 704 7845
EMAIL: psi@ageuksolihull.org.uk
WEB: www.ageuksolihull.org.uk
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.