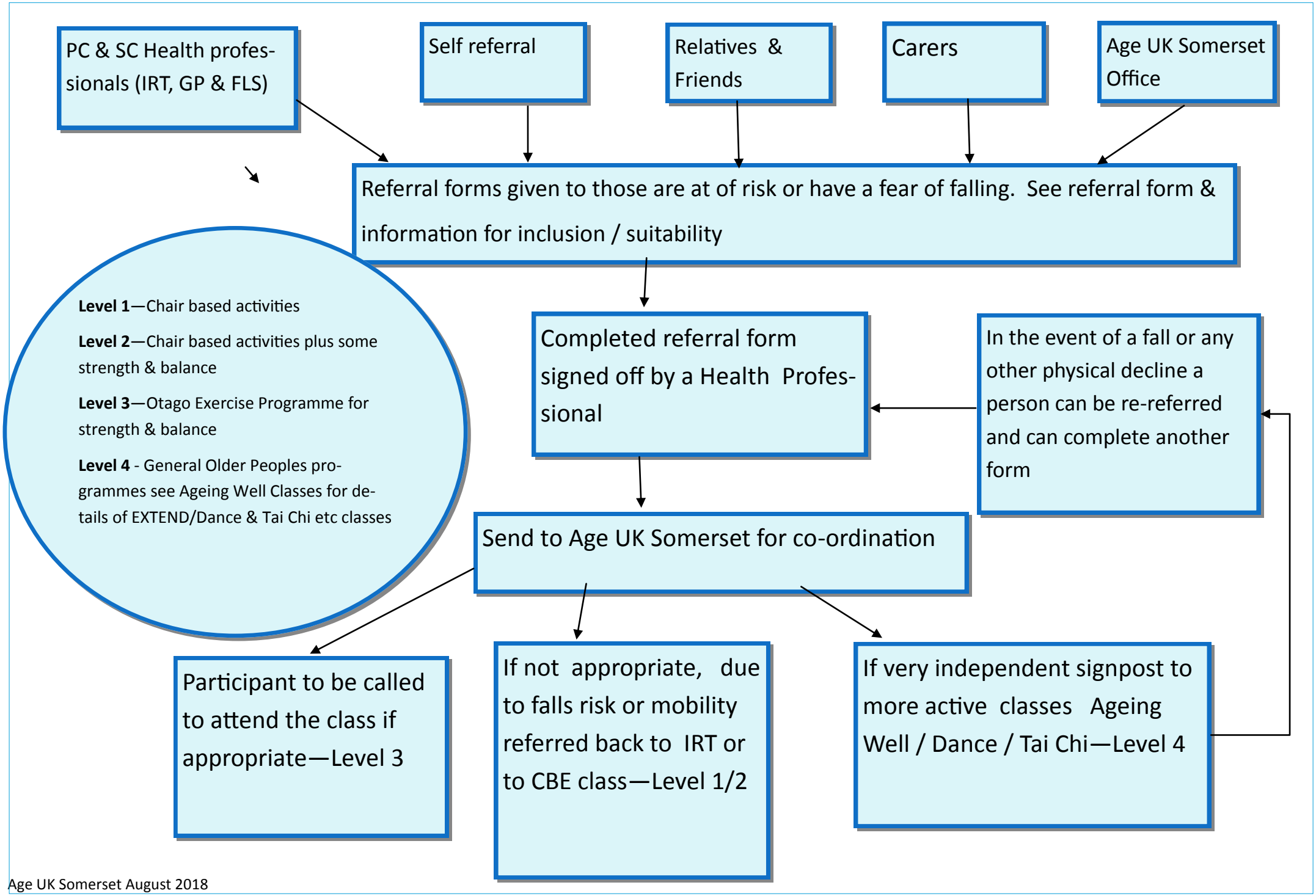
PC & SC Health profes-sionals (IRT, GP & FLS)
Self referral
Relatives & Friends
Carers
Age UK Somerset Office
Referral forms given to those are at of risk or have a fear of falling. See referral form & information for inclusion / suitability
Level 1—Chair based activities
Level 2—Chair based activities plus some strength & balance
Level 3—Otago Exercise Programme for strength & balance
Level 4 - General Older Peoples pro-grammes see Ageing Well Classes for de-tails of EXTEND/Dance & Tai Chi etc classes
Completed referral form signed off by a Health Profes-sional
In the event of a fall or any other physical decline a person can be re-referred and can complete another form
Send to Age UK Somerset for co-ordination
Participant to be called to attend the class if appropriate—Level 3
If not appropriate, due to falls risk or mobility referred back to IRT or to CBE class—Level 1/2
If very independent signpost to more active classes Ageing Well / Dance / Tai Chi—Level 4