

# Your Guide to Independent Living

## Programs to help you reduce falls and injuries



### **Get Up & Go! Exercise Class**

If you are 65 or older and have trouble with balance and mobility, this is a safe exercise program for you. If you register for this program, you attend this exercise class 2 times per week for 10 weeks. At the class, you learn exercises designed to improve your strength, balance, and coordination. Over time, you will notice improvement in your ability with your daily activities, independence, and quality of life.

People who have taken part in this program say:

- "My balance has improved."
- "I feel more confident with my abilities."
- "I feel better able to perform daily activities."

### **Falls Prevention *Mobile Clinic***

You can visit the Falls Prevention Mobile Clinic if you have fallen in the past, or if you scored 4 or more points on the *Falls Risk Survey* (page 1).



You can still register if you have never fallen before but speak with your doctor first. Ask if a visit to this clinic would help you.

During your 90 minute appointment at the clinic, you will see a kinesiologist, pharmacist, and physiotherapist.

They will:

- Check your blood pressure, vision, strength and balance.
- Ask you about falls you have had in the past, medicine you are taking, and any pain you have.
- Create an activity program specific to your needs.
- Provide a summary of your visit and the recommendations to you and your family doctor.

### **To register for a class or the clinic:**

Phone: 604-587-7866

Email: [fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca)