
OUR SERVICE STANDARDS

In delivering the Exercise Referral Scheme you can expect the following standards from us:

- Our staff will be professionally qualified
- You will be given an appointment for an initial consultation within 14 days of contacting us
- We will ensure that you are given a safe and suitable exercise programme
- During the programme you will be encouraged and monitored by your Healthy Lifestyle Advisor. You will have a mid term assessment and an exit interview at the end of the programme where you will receive advice on how to continue your physical activities.

To help us meet our service commitments we hope you will help us by:

- Attending all arranged appointments on time
 - Giving 24 hours notice if you are unable to attend an appointment
 - Being committed to following the activity programme designed for you by the Falls Prevention Advisor
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- Completing evaluation forms and telling us what you think of the service
 - Informing us of any change in your medical condition that could affect your ability to take part in the programme.

EXERCISE FOR LIFE

Improving health through exercise can prevent falls, improve stamina and increase strength and flexibility. It will also improve balance and confidence and lower the risk of osteoporosis as well as improve blood pressure and cholesterol levels. All of this will help you to continue doing the things you enjoy and will help you maintain your independence.

If you enjoy exercising with others your own age there are classes that are designed with the older group in mind. Exercise will be tailored to fit your needs and people of all abilities are welcome.

As part of the programme you will also learn how to get yourself safely up from the floor should you ever have a fall.



Forest of Dean
— DISTRICT COUNCIL —

**FALLS
PREVENTION**
Exercise
Recommendation
Scheme

**Promoting health and well
being to the local community**

WHAT IS FALLS PREVENTION?

- Are you becoming concerned about your balance?
- Have you had a fall?

Falls Prevention is an exercise recommendation scheme run by the Forest of Dean District Council and based in the community.

NHS Gloucestershire CCG, GCC Public Health and local surgeries support the scheme.

Falls Prevention is an activity programme that your GP, practice nurse or physiotherapist can recommend you to and is designed to improve your balance and strength through structured physical activity.

During this programme you will be monitored and encouraged by our Falls Prevention Advisor.

WHAT WILL IT INVOLVE?

If your GP, practice nurse or physiotherapist decides that the Falls Prevention scheme is right for you, they will complete a Recommended Exercise Referral Form and request the Falls Prevention option.

You then phone up to arrange an appointment with the Falls Prevention Advisor for your initial consultation.

The initial consultation will take about an hour and includes a short assessment of your current ability to take part in the program.

The Falls Prevention Advisor will put together an activity programme, tailored to your needs, which through the attendance of fun and sociable classes, will help you to achieve your goals and improve your well-being.

Our Falls Prevention Advisor will encourage you every step of the way and will meet with you at regular intervals to discuss your progress.

HOW MUCH WILL IT COST?

Our Falls Prevention Scheme is offered at a **substantial** discount.

When you come for your first appointment, you will be asked to pay a £12.00 joining fee. This fee contributes to the overall cost of your initial, mid term and exit consultation and includes all the assessments at these sessions.

Please be aware this fee is non-refundable.

The specialised activity sessions are charged at a discounted rate of £3.00 per session and a chance for tea and biscuits afterwards.

WHAT DO I DO NOW?

If you feel motivated to improve your lifestyle, discuss Falls Prevention with your GP or practice nurse.

They will help to assess your suitability for the scheme and if appropriate, refer you to the Falls Prevention Advisor who is specifically trained in this area to improve your ability to remain confident and mobile.

If you are referred to the scheme please remember to bring your Exercise Referral Form and joining fee with you to your first appointment and to wear cool, comfortable clothes and footwear.

We look forward to meeting you very soon!

For more information on the scheme, please contact the Falls Prevention Advisor on 01594 812399

To arrange an appointment please contact the Community Engagement Team on 01594 812617