

get up and go ***strength and balance programme***

This is a programme for people over the age of 65 with any of the following:

- Self-reported concerns about balance, or a fear of falling**
- Previous history of a fall or loss of balance**
- People with a desire to improve strength and balance.**



This is a Public Health Programme and participants must be able to commit to attending the full 10 weeks.

What is the Ealing Get Up And Go Programme?

- MHA Live At Home and StayActive4Life LLP have been commissioned by Ealing Public Health to deliver a Strength and Balance Programme for people over the age of 65 to help reduce the risk of falls.
- The Otago Strength and Balance programme is designed specifically to prevent falls. It consists of a set of muscle strengthening and balance retraining exercises. All the exercises are individually prescribed and increase in difficulty.
- Classes at different levels will be offered as adults who have recently fallen will have very different requirements from active older adults whose physical function has only slightly declined. We will be providing classes so that everybody can benefit and improve their Strength and Balance and remain active for as long as possible.

Who is it for?

This is a programme for Ealing residents over the age of 65 with any of the following:

- Self-reported concerns about balance, or a fear of falling
- Previous history of a fall or loss of balance
- People with a desire to improve strength and balance
- Participants must be able to commit to attending the full 10 weeks and do two sessions at home each week
- Participants must be able to walk at least a few steps either unaided or with a walking aid such as a stick or a frame

The programme outline:

The programme is split into three phases:

- Get Up And Go Phase 1 – For those individuals who have recently fallen or are identified as being high risk of falling. These classes are run over 10 consecutive weeks and will increase your confidence and independence through a tailored exercise programme based on the OTAGO exercise framework.

- **Get Up And Go Phase 2 – Designed for those individuals who have either completed level 1 or are identified as not being at such high risk of falling.**
- **Get Up And Go Phase 3 – These classes will be ongoing as it is important that the benefits gained are maintained and further increased. As well as the Get Up And Go classes we will also be running Zumba Gold and other exercise classes such as Tai Chi that include components of Strength and Balance.**

The benefits of attending

The benefits of attending classes include:

- **Builds strength and flexibility**
- **Improves balance and co-ordination**
- **Improves mobility and posture**
- **Reduces risk of falls and injury**
- **Helps develop independence**
- **Make friends and socialise**

Why is it needed?

- **Falls are common in people aged 65 years and older and are the leading cause of injury in this age group.**
- **Falls have serious consequences, including trauma, pain, impaired function and ability to carry out everyday activities and can destroy confidence, increase isolation and reduce independence.**
- **The after-effects of even minor falls can be catastrophic for an older person's physical and mental health. Fear of falling again reduces quality of life and well-being, even if a fall does not result in serious consequences.**
- **Every minute, six people over 65 suffer a fall.**

The Good News – Falls are not inevitable!

- Evidence shows that specific programmes for improving strength and balance can reduce the risk of falls by as much as 55%
- Strength, flexibility, balance and reaction time are considered the most readily modifiable risk factors for falls.
- Being active throughout life and especially in older age can help to slow down the rate that muscles deteriorate. This can help older people remain active and independent as long as possible and also reduce the risk of falls in later life.
- People, even in their 90s, can improve their strength and balance to achieve stability and avoid falls.

Where are the classes held?

- The Get Up And Go classes will be held right across the borough. For you nearest class please just contact us.
- In addition we currently run ongoing Level 3 Classes in Acton, Ealing, Hanwell, Greenford, Northolt, Northfields, Pitshanger and Southall.

How can I join this programme?

- Either contact Live At Home at the address below or speak to your GP, practice nurse, physiotherapist or consultant

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