

This program is designed to help people build awareness of factors that increase the risk of falls, increase physical activity (particularly with strength and balance), and connect others to individuals who experience similar concerns.

Each class is one hour and will incorporate both education and balance retraining. Registration and assessment by the occupational therapist is required prior to start of class.

Toll Free: 1-855-285-2944

or

Phone: 705-457-2941

Where will this be held?

Various community rooms throughout Haliburton County. In the past, groups have run out of the Minden Hospital, Haliburton Community Housing Corporation, and The Gardens of Haliburton. Stay tuned for a program near you!

What are the costs?

\$0—FREE

This Falls Prevention Program is funded by the Ministry of Health and Long Term Care and is available for adults and older adults through OHIP



Community Support Services
PO Box 956
Haliburton, ON, K0M 1S0
www.hhhs.ca
Toll free: 1-855-285-2944
Phone: 705 457 2941
Fax: 705 457 5077

Fall Prevention Community Program



Let's Get Moving!

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or

Phone: 705-457-2941

What to expect:

- An initial intake appointment to obtain a history of your medical conditions,
- A pre-test assessment to determine your baseline of strength, balance, reaching distance, and endurance,
- 1hr class consisting of education and exercise that improves lower extremity strength and balance for 12 weeks (2 classes a week),
- A post-test assessment to determine any changes from the program



Who can attend?

Community exercise and falls prevention classes are open to all adults and older adults and do not require a referral from a health care provider.



How do I access these services?

Community Support

Services Intake at:

1-855-285-2944

or 705-457-2941

Individuals are welcome to self-refer to this program at:
www.hhhs.ca/community-programs



What else do I need to know?

Example education provided:

- Body mechanics and falls
- Sensory systems and balance
- Risk factors for falls
- Home environment modifications
- What to do after a fall
- Fall plan
- How to address fear of falling
- And more...

Example exercise provided:

- Chair exercises
- Toe taps
- High knees
- Leg lifts
- Sit-to-stands
- Marching on the spot
- Heel to toe balance
- And more...

Learn strategies to remain independent in the community and reduce your risk of falls

705-457-2941