

Where do the classes take place?

The strength and balance exercise classes are available in the following locations:

- ♦ Brixham
- ♦ Newton Abbot
- ♦ Paignton
- ♦ Teignmouth
- ♦ Torquay
- ♦ Totnes



Please contact the strength and balance programme coordinator on 0300 456 1006 (local rate number) to book your appointment.

www.torbayandsouthdevon.nhs.uk

This document can be available in other languages and formats. For more information telephone 0300 456 1006.



Torbay and South Devon
NHS Foundation Trust

Active ageing

Strength and Balance Exercises for Older Adults



Healthy Lifestyles Team
2nd Floor
St Edmund's Community Care Centre
Victoria Park Road
Torquay
TQ1 3QH

0300 456 1006

Strength and balance exercise class for older adults

What is the strength and balance programme?

An exercise programme designed to help boost confidence, improve flexibility, mobility, strength and stamina.

To improve strength and balance, and maintain bone health, the exercises are carried out in standing with the use of a chair for support. It may be necessary to begin the programme seated before progressing to standing.

The ultimate aim is to ensure that you are able to maintain a good quality of life and remain as independent as possible.

Who can attend the exercise classes?

The programme is designed for people who are unsteady on their feet or have a fear of falling or those who have been diagnosed with osteopenia or osteoporosis.

There are no age criteria but the class is generally for older adults.

I have had some falls. Should I come to this programme?

There are many reasons why falls occur. If your fall caused any injury or you have had a number of falls you should have an assessment to understand what the issues are. Your GP, local therapy teams (physiotherapist or occupational therapist) and/or nurse will be able to help and advise you what is best to do next. Please always tell your GP practice if you have had a fall. This is important information for your future treatment and planning.

How do I access these classes?

To access the strength and balance class you need to be assessed by one of our postural stability instructors. During the assessment, the instructor will discuss some questionnaires with you and ask questions related to your health. In addition, the instructor will run through some simple tasks to measure your current mobility. At the end of the assessment you will be given a start date for you to begin the exercise class.

Sometimes there are more appropriate classes and if the instructor thinks they will be better for you, they will pass your information on, with your permission.

How long can I attend?

The course of exercises will last for 12 weeks. We recognise that this is a long time and that it is difficult to keep a diary free for a full 12-week period, so it is OK to inform us of any sessions that you are unable to attend. However, we would expect you to attend the majority of the programme in order to make significant improvements to your health.

You will also be encouraged to do exercises at home between classes, as this will ensure maximum benefit.

What happens after the 12 weeks?

Once you have completed the programme you will have the option of attending a community based exercise class where you can continue with the exercises you have learned. This class is run by a local exercise instructor; Please note that there is a charge for this service.

