

Falls and Frailty Early intervention

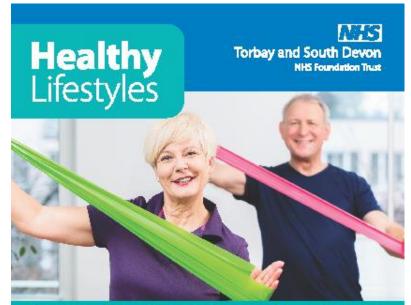
Andy Simpson Healthy Lifestyles Team

Working with you, for you

The magic pill?

Exercise

- More specifically strength and balance exercises
- Evidence based to reduce the risk of falls and improve bone health
- Increased social interaction
- Get the prescription right



Strength & Balance Exercise Classes Fun social, FREE exercise sessions in Torbay & South Devon

Why should I attend?

- Improve strength and balance
- Improve confidence
- Improve mobility & flexibility
- Improve quality of life
- Meet new people

How long can I attend?

12 weeks, once weekly



How do I sign up? Speak to your GP for more information or call 0300 456 1006 to refer yourself

Wrap around support



- Health Coaching
 - Behaviour change support
 - Weight management
 - Physical activity offers
- Stop smoking
 - Cause of premature disability
 - Reduced function / ADLs
 - Health inequalities



We want you to...



- Ask, Advise, Act (AAA)
 Have the conversation
- Refer
 - Directly or via self-referral
- Promote
 - Update practice websites
 - Links to movement snacks
 - Share resources



"Small Steps... Right Direction"

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