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## **Referral Guidance for Strength and Balance Training for Falls Prevention**

**Referrals for Strength & Balance classes can be made by GP's and Physiotherapists.**

Weekly Strength and Balance classes are run by Postural Stability Instructors and designed to improve the stamina, strength, and balance of over 65's. They aim to reduce the fear of falling and help people to feel more confident when they are out and about. The exercises will build muscle and bone strength and participants will learn how to get up from the floor safely should they have a fall.

**For a person to be referred they must meet one or more of the below criteria:**

- have had a fall in the last 12 month
- be at risk of falling
- have a fear of falling
- feel unsteady on their feet or are lacking confidence
- are becoming concerned about their balance or are more cautious towards activities they used to enjoy
- can stand unsupported and walk independently (using no more than one walking stick),
- have no health contra-indications to exercise

**Current FaMe guidelines endorsed by NHS are that this form of exercise is not suitable for older people who have:**

- Uncontrolled angina
- Uncontrolled resting systolic blood pressure >180mmHg or resting diastolic blood pressure >100mmHg
- Uncontrolled tachycardia >100bpm
- Uncontrolled acute systemic illness (cancer / pneumonia)
- Uncontrolled visual or vestibular disturbance
- Uncontrolled pain
- Significant drop in blood pressure during exercise >100bpm
- Unstable or acute heart failure
- Unable to maintain seated upright posture due to neurological deficits
- Impaired cognition (to the extent of being unable to follow simple movement instructions)
- People who place themselves or others at risk
- Participants who are unable to monitor or modify their exercise level or technique or follow advice.

**The Referral form is online at**

**<https://eldertreeplymouth.co.uk/pages/organisation-referral/96>**

**If you are a GP or Physiotherapist and are clear on the above, in the 'Short Statement on Reason for Referral' please write 'Criteria read - Referred for Strength and Balance'.**