**The Falls and Fracture Prevention Service**

Internal Balanced Lifestyle Group Referral

The Balanced Lifestyle Group (BLG) is a Therapy led on-line Falls Prevention Exercise Programme. It delivers evidence based strength and balance exercises, with relevant falls prevention education.

Participants are offered 12 consecutive weekly sessions. Each session is around one hour. Participants need to be able to tolerate standing for at least half an hour at a time.

Referring clinicians need to complete the admission assessments to set a baseline. Participants’ outcome measures will be reviewed during their final session.

Criteria

* Independently mobile or with one or two walking sticks.
* Be able to sit to stand from an armless chair (can use own arms to help up) and be able to walk around to the back of the chair unaided
* Be able to see and hear sufficiently to participate. E.G. able to watch T.V wearing spectacles/hearing aid.
* Be able to follow and retain instructions.
* Not have any behavioural problems that would disrupt the group
* Be willing and able to participate and attend consecutive sessions.

**Medical Contra Indications:**

If patients have any of the following medical conditions you will need to check with the individual’s GP that they are safe to exercise before completing a referral

·      Uncontrolled angina

·      Uncontrolled hypertension or arrhythmia

·      An acute orthopedic condition

·      An acute systemic condition e.g. Bronchitis, cancer

·      A recent injurious fall without a medical examination

Outcomes

Assessments to be completed by referrer at the time of referral.

1. Tinetti Balance and Gait Assessment Tool. **Please consider carefully before referring individuals with a score of less than 18.**
2. Otago 4 point balance test.
3. 30 second chair stand test

**Patient Information to be Completed by Referrer**

Name: D.O.B:

NOK/Emergency contact telephone number:

Is the individual able to get up off the floor?

Does the individual have Osteoporosis?

Does the individual have any sensory problems?

Functional Goal/s:

Please ask the patient to set themselves a couple of simple and realistic goals to work towards that are relevant and meaningful to their lifestyle. For example, going shopping using public transport or getting up from a chair without arms confidently in social situations.