**Age UK Tameside Logo CMYK C.tiff**

**Step Up Falls Prevention Programme**

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| **Week** | **Content** |
| **1** | **Introduction**  Introduction the Step Up Programme, sharing fall experiences, timed up and go before test, exercise taster |
| **2** | **Exercises and moving about safely**  Explore the benefits of exercise, building confidence, learning not to panic after a fall and exercise class |
| **3** | **Home hazards**  Identify hazards in and about the home and problem solving solutions with a talk from a fire officer and exercise class |
| **4** | **Sensory**  Understanding sight and hearing impact on falls and exercise class |
| **5** | **Footwear and medication**  How medication can affect falls, best footwear and exercise class |

**6** Full exercise class timed up and go after test, special award

**7 and 8**  Exercise classes, bone health, goal setting, for the next 3 months and follow up and Studio 131