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**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