

Falls Prevention Programme Appointments

As you are aware you have been referred to the North Tipperary Network 9 Primary Care Team Falls Programme.

The next programme is now ready to start. It will run for eight weeks. The dates for the programme are on the following page.

Over the following eight weeks you will be asked to attend group sessions consisting of exercises, balance re-education and educational talks. You will have a final review which will be arranged on completion of the programme. A further review and follow up appointment will be arranged at six months.

This programme will be based in the Derg Centre, Gortlandroe, Nenagh. See enclosed directions. Parking is available on site with ramp access.

Please contact us to confirm your participation in the programme by telephoning (086)4127136.

We look forward to seeing you at the programme.

Yours Sincerely,

Maura Cleary MISCP

Senior Physiotherapist

Appointments for Falls Programme

Date	Time	What
Aug 19th	11 am	Week 1 of Group Programme 1½ hours
Aug 26th	11 am	Week 2 of Group Programme 1½ hours
Sept 2nd	11 am	Week 3 of Group Programme 1½ hours
Sept 9th	11am	Week 4 of Group Programme 1½ hours
Sept 16th	11am	Week 5 of Group Programme 1½ hours
Sept 23rd	11am	Week 6 of Group Programme 1½ hours
Sept 30	11am	Week 7 of Group Programme 1½ hours
Oct 7th	11am	Week 8 of Group Programme 1½ hours
Six months after programme is completed – you will be contacted to arrange a time.		Follow Up Assessment

It is recommended that you wear

- 1) Comfortable loose clothing (that you can exercise in)
- 2) Flat laced up shoes or runners

Please make sure you bring

- 1) Your falls clinic folder (provided on the first week)
- 2) Your walking aid (stick/frame/rollator)
- 3) Glasses

Please contact ___ if you are unable to attend any of the above sessions.