

MAFFRA MOBILITY PROGRAM

The Maffra Mobility Program is designed for individuals living at home who have a history of falls or who are at risk of falling due to decreased balance and/or mobility. It is an outpatient program run as a group session.

AIMS:

- Improve balance, mobility and lower limb strength
- Educate about home hazards and appropriate footwear
- Teach strategies for what to do in the event of a fall
- Gait aid review

THE PROGRAM INCLUDES:

Assessment:

An individual assessment will be completed prior to commencing the group where you will be assessed by a Physician and Physiotherapist. This assessment will determine safety and appropriateness of exercise. Following completion of the group, you will have an opportunity to attend a review appointment.

Group Exercise:

Under the supervision and guidance of a Physiotherapist and Allied Health Assistants, you will complete a group-based exercise program targeting balance, strength and mobility.

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ABOUT THE PROGRAM:

- 6 week program
- Sessions held on Tuesday's and Thursday's 10:00-11:00am
- It is recommended that you attend 2 sessions per week for 6 weeks
- The program is held in the Physiotherapy Department at the Maffra District Hospital

Cost for the program: This group is currently government-funded therefore attendees will incur no charges.

Contact: Physiotherapy Department **Tel:** (03) 5143 8560