

Falls Prevention Classes

Age Concern Canterbury

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Issue 1

New Steady As You Go (SAYGO®) Falls Prevention classes

Age Concern Canterbury has added more Falls Prevention classes in Christchurch and North Canterbury this year. The current list of class times and locations is on the flip side of this newsletter.

There is no need to book or call first – people can just turn up at any class (except those marked as 'waitlist only' – for these please phone Age Concern Canterbury 03 366 0903).

Falls Prevention Coordinators:

We are delighted to welcome Robyn Bain as our Falls Prevention Coordinator in North Canterbury. Our Coordinator contacts are:

Christine Toner 0274339598 christine@toner.co.nz

Robyn Bain 0220468467 robynabain@gmail.com

SAYGO exercise classes are designed specifically to help prevent falls

SAYGO classes are based on the internationally renowned Otago Exercise Programme. The exercises are designed for BALANCE, MOBILITY and LEG STRENGTH. Five audio tracks give 46 minutes of gentle stretches and movement, seated, standing and a little walking. Each set targets specific muscle groups responsible for keeping us upright.

Regular class members gain confidence, feel stronger and report that they notice a difference in their stability almost immediately. Over a longer period of class attendance, the statistics show a much reduced likelihood of a serious fall.

People coming to SAYGO also enjoy the social aspect of coming to a weekly class.

Thinking about your feet helps prevent falls

Falling is NOT a natural part of aging, even though statistics suggest that we are more vulnerable after a certain age.

One of the easiest things we can do to help prevent a fall is to become more aware of our feet. Feeling our feet on the ground gives us information about the terrain – is it slippery, pot holey, shingle, rough or sloping? Being aware of our feet and where they are helps us to keep a stable grip on the ground.

In a SAYGO Falls Prevention Exercise class we are reminded over and over again about this. 'Feet hip distance apart' is a frequent reminder, and we learn how this sturdy stance improves our stability.