

Falls Prevention Program:

GET GOING



Feel Strong.
Build balance.
Stay independent.

Falls can affect confidence, mobility and everyday life. Our 12 week Falls Prevention Program, Get Going, helps you move safely, stay active and reduce your risk of falls at home and in the community.

Program Benefits

- Improve balance and mobility
- Build strength and stability
- Increase confidence moving around safely
- Reduce falls risk
- Support independence and wellbeing

Is This Program Right For You?

- Have had a fall or near fall
- Feel unsteady when walking
- Want to maintain independence
- Would like to improve strength and balance

How To Get Started

- DVA cardholders: See your GP for a D0904 GP referral for Exercise Physiology.
- Support at Home package holders: You can refer directly to us, and we will liaise with your case manager
- Send your referral or enquiry to Recovery Station via email or via our website



**Recovery
Station**

1300 588 851

RECOVERYSTATION.COM.AU

REFERRALS@RECOVERYSTATION.COM.AU