

Where is it held?

The program is held in the Physiotherapy Department at Fairfield Hospital

How long does it run for?

- 1.5 hours for 10 weeks
- 15-20 minutes of education
- 60 minutes of exercise
- Individually prescribed home exercises

How do I get referred?

- By your GP
- By Falls Intervention Team (FIT)
- By an inpatient therapist

Exclusion criteria

- If you do not reside within Fairfield LGA.
- If you are receiving a Level 3 or 4 Home Care Package.

Updated May 2023

Hand Hygiene

We are dedicated to hand hygiene at Fairfield Hospital and have a number of hand hygiene stations with Anti-bacterial hand cleaner within the hospital. Please take the time to clean your hands when in Fairfield hospital as '**clean hands save lives**'



Smoke Free

For the health of our patients, visitors and staff, Fairfield Hospital is smoke free in accordance with NSW Health Department Policy. A smoke free environment assists us in providing a safe and healthy environment for our patients. Your cooperation with this policy is appreciated.



Parking

Parking is provided onsite at a fee of \$7.00 per entry. Please note that infringement notices are issued for parking offences.

**Subject to change*



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Able and Stable Program



**FAIRFIELD
HOSPITAL**



Health
South Western Sydney
Local Health District

What is Able and Stable?

The able and stable program is a comprehensive falls prevention program incorporating exercises and education components.

There are many risk factors that can lead to older people falling such as:

- Poor balance
- Reduced leg strength
- Loss of confidence
- Poor vision
- Some medications
- Decreased physical activity
- Home hazards

Falls are NOT part of getting old!

Aim

The Able and Stable program aims to reduce the risks of falls in the following ways:

- Improve balance
- Improve muscle strength
- Improve confidence
- Increase level of physical activity
- Improve knowledge of the risk factors for falls



Education Component

Covers a variety of topics such as home and community hazards, bone health, continence, medications and vision.

It's never too late to fine tune your balance!

Exercise Component

Includes balance and co-ordination activities, muscle strengthening and stretching exercises. All clients are individually assessed and prescribed a home exercise program that are reviewed weekly.