

LIVE STRONGER
FOR LONGER

PREVENT FALLS & FRACTURES



LOVE YOUR HIPS

If you're 65+ and want to stay stronger for longer, come along to a strength and balance class.

WWW.LIVESTRONGER.ORG.NZ



Te Kaporeihana Āwhina Hunga Whara





AM I AT RISK?

Unless you've injured yourself in a fall, 'avoiding' a fall is probably the last thing on your mind.

Falling over shouldn't be considered part of the normal ageing process, but we need to be realistic. As we grow older, underlying conditions or problems with balance, strength or mobility do increase our risk of falling.

Each year, one in three people aged 65 and over will fall. For people aged 80 and over, the risk increases to one in two.

That said, many falls are preventable, and we want to help you stay on your feet and live the life you want to live.



**COMMUNITY
GROUP
STRENGTH
& BALANCE
CLASSES**

One of the ways everyday New Zealanders are reducing their falls risks is by attending exercise classes specifically designed for them.

Clinical research has shown that when people exercise to strengthen their legs and core, their balance improves, and their risk of falls reduces by almost a third.

Community group strength and balance classes will support participants to improve their strength and balance, and help them live stronger for longer.

What will classes involve?

Community strength and balance classes will be developed to suit the needs of the communities they serve. Some communities may like dance classes to music; some may like to exercise in a quiet space, while others may carry out classes in a variety of styles or languages to suit members.

What kind of exercises will classes include?

Classes will vary according to the needs of participants. Exercises may make you breathe a little harder, but they won't involve running, jumping or weight-lifting.

Who can attend a class?

All New Zealanders who are 65+ and at risk of falling, or have a history of falling, should give it a go.

How do I find a class?

Each region will have a range of classes to attend. Have a chat with your health professional to find a class, keep an eye out for posters advertising classes, or ask people in your community.



Core Strength

Your 'core' is made up of muscles in your mid-section: your stomach, lower back and your sides. All the muscles in this area work to stabilise your entire body and give you balance and power.

Join a class near you

Visit www.livestronger.org.nz to 'Find a strength and balance class' near you. You'll meet new people, get fitter and have fun at the same time.

How do I know if I'm 'at risk' of a fall?

If you have slipped, tripped or fallen in the last year, cannot get out of a chair without using your hands, or have avoided activities because you're afraid you might lose your balance, then you could be at risk of a fall.

If you're unsure, talk to your doctor or health professional.

Falls and concussion

It's important to consider if you or someone you care for has had a fall, then you need to be checked for a concussion by a Doctor. Concussion is a brain injury; you don't need to bang your head or even lose consciousness to experience a brain injury. Remember the 2R's of concussion:

- **Recognise** concussion signs and symptoms
- **Refer** to a Doctor for an assessment.

For more information go to:

www.livestronger.org.nz/home/i-am-over-65/concussion





PICK THE 'TICK'

Only classes that meet our nine assessment criteria for community group strength and balance, or in-home strength and balance programmes, will be eligible to use our quality mark. Look for the tick when selecting a class to know that it meets nationally agreed standards.

A national Technical Advisory Group established these criteria for community and in-home strength and balance programmes for older people. These criteria are supported by research and evidence, which can be provided on request.



LOVE YOUR INDEPENDENCE

If you love your independence, ask ACC to send you a copy of their 'Love Your Independence booklet', or visit **www.livestronger.org.nz**

The website and booklet contain tips for avoiding trips, slips and falls, including a comprehensive, step by step guide to fall proof your home. Much of the advice given is good old-fashioned common sense, but for those of you who have spent a lifetime looking after others (and perhaps still do) Love your Independence is a gentle guide to remind you to look after yourself.

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