

# ISAFE Redland

Our balance classes are evidence-based, proven to reduce the risk of falls.

## What is ISAFE?

*Innovative Strategies to Assist Falling Elderly* (ISAFE) is a 10 week program, with one hour classes available once a week. The classes are of moderate intensity, supporting patients through balance training activities. Each week they will learn more about how to improve their balance and stay safe on their feet.

If your patients are wanting to stay active and move well, if their mobility has changed recently, have become less confident when walking, or if they've had a fall in the last year, our ISAFE program will be a great next step in the right direction.

The group sessions are conducted by an ISAFE trained physiotherapist and/or a community rehabilitation assistant. During the first session, we'll provide an individual assessment:

- to ensure the program is appropriate tailored for their needs
- to measure their balance and mobility, and
- put them in contact with other allied health professionals if required.

## Is your patient suitable for the program?

To be suitable for this program, patients must:

- be independently mobile indoors without a walking aid and be medically stable
- be able to follow instructions for safety reasons
- be committed to attending the full 10 week program.

## Where are the classes held?

Conference Room 12, Upper Level  
Mater Health Centre Redland  
Bayside Business Park  
Weippin Street  
Cleveland QLD 4163

**Classes commence from Wednesday 21 October 2020 between 9 am and 10 am.**

## What should patients bring with them?

- Enclosed, non-slip footwear
- Water bottle
- Medication that they may need to carry with them (e.g. Ventolin, angina spray etc.).

## Prices and booking?

Our programs are government subsidised, but please call us on **07 3163 1760** for more information.

If your patients are interested in joining our ISAFE program, please call Mater at Home on **07 3163 1760** or email [materathome@mater.org.au](mailto:materathome@mater.org.au) and our team will take your details and provide you with all required information.