

# NICE

## Road to Wellness

### FALLS PREVENTION FOR PEOPLE WITH PARKINSON'S

#### Course Information

This course is available for anyone who has previously completed the Positive Parkinson's Programme and currently available face to face at our centre in Birmingham.

#### WHO IS THIS FOR?

People tend to think about falling after they have had their first fall. Whilst it is essential at this point that someone receives support there is also a case for working to prevent the first fall where possible.

This course is available to anyone who may be deemed to be at risk of falling, or have already suffered a fall. We will use a screening tool to ascertain the potential risk for falls and this will help us target the service to meet individual needs.

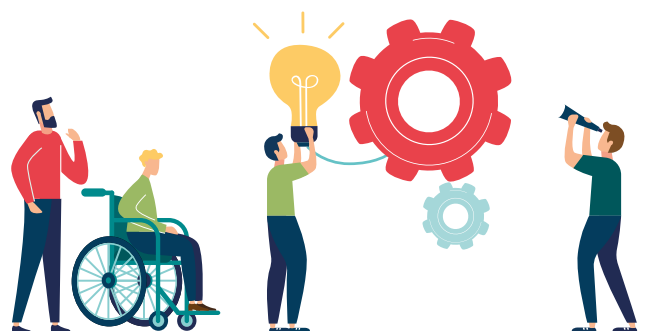
One of the key factors in increasing the risk of falling is 'fear'. Naturally the diagnosis of Parkinson's and subsequent loss in control of movements can cause a person to be afraid of falling. This fear will change how you walk and lead to a cycle of increased risk.

This course is suitable for anyone with Parkinson's who experiences a lack of confidence with balance and walking and who may be prone to, or have had falls in the past.

#### DURATION OF THE COURSE

The course will last for 6 sessions. Each session will be 1.5 hours and include time for discussion and problem solving.

These are usually taken consecutively (one session per week) unless NICE is closed for a school holiday. As NICE works in the same way as schools you will be given exact dates prior to joining the course. We request that you try and attend each session as each week builds on the previous one. We appreciate that there are some things which cannot be predicted e.g. ill health, however we do request that you try and clear your diary for the dates given. This will provide maximum benefit for you from the course.

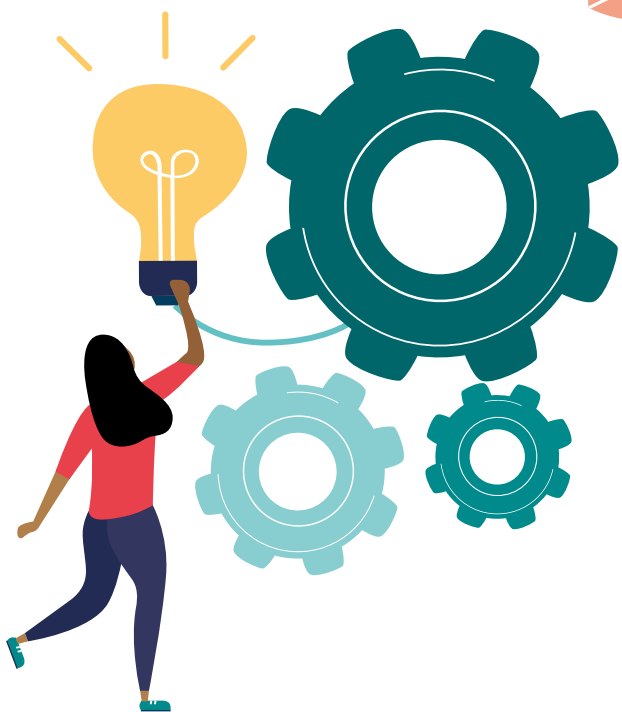


*\*Cost on application*

## WHAT CAN I EXPECT?

All sessions will be held in a small, diagnosis specific session (maximum four people) and staffed with fully trained staff (conductors). Conductors are trained, to degree level, and specialise in analysing movement and understand the impact of Parkinson's on how you move around. All conductors have full training in the condition so the input you receive will be based on expertise and experience.

The tasks will be primarily in sitting and standing positions. They will involve carrying out activities which require balance and help you to understand how you can find and correct your own balance point. The conductors will work with you to ensure your safety and increase your confidence in your abilities.



## AIMS

The following aims will be addressed throughout the course:

- To learn how to find and use gravity to assist with balance
- To increase ability to transfer weight
- To learn how to change direction safely
- To increase confidence when walking
- To improve ability to walk and talk simultaneously
- To learn how to increase size of step and fluency of walking
- To learn techniques to reduce freezing and shuffling

## WHAT NEXT?

At the end of this course the conductors will discuss a possible maintenance programme with you. This is a programme designed to cover all aspects of your condition simultaneously and is an excellent way of sustaining the benefit of this course.



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