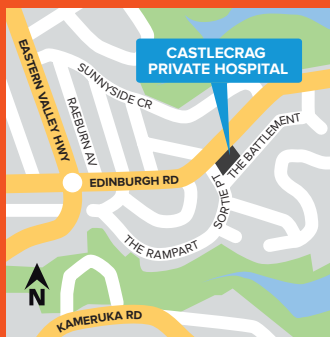




The Ramsay Health Plus clinic is conveniently located at



Castlecrag Private Hospital  
150 Edinburgh Road  
CASTLECRAg NSW 2068  
Ph: 02 8876 9447



Hunters Hill Private Hospital  
9 Mount Street  
Hunters Hill NSW 2110  
Ph: 02 8876 9447

[ramsayhealthplus.com.au](https://ramsayhealthplus.com.au)



MR0019684 RHP GPH General/DL Brochure

# Step Right!

## Falls Prevention Course

Conveniently located at  
Castlecrag Private Hospital &  
Hunters Hill Private Hospital



[ramsayhealthplus.com.au](https://ramsayhealthplus.com.au)

# Falls Questionnaire

Have you had any falls* in the last year?	Y	N
Are you worried about falling or have withdrawn from usual activities because of a fear of falling?	Y	N
Do you require assistance with mobility or show signs of poor balance, gait, coordination or general weakness?	Y	N
Do you take 4 or more prescribed medications?	Y	N
Do you have reduced vision e.g. glaucoma, macular degeneration, cataracts, age decline?	Y	N
Do you experience urinary frequency, urgency, incontinence or nocturia?	Y	N
Do you display signs of cognitive impairment (diagnosed or suspected)?	Y	N

\*FALL, STUMBLE, TRIP OR SLIP

IF you answered YES to 1 – 3 questions you would benefit from attending Step Right Falls Prevention Course.

If you answered YES to 4 or more questions, a comprehensive assessment is recommended to determine the most suitable program for your needs.

We run various other outpatient programs including Parkinson’s Reconditioning Program and Osteoarthritis Management Program.



## Program Structure

Weekly 1 hour sessions for 6 weeks

Sessions will be comprised of 45mins education & 15mins practical

\$220 for 6 week course

Located on site at Castlecrag Private Hospital & Hunters Hill Private Hospital

Multiple courses will run throughout the year – please enquire about specific starting dates.

Optional sessions available to improve your balance and physical ability with a Physiotherapist

Telehealth service available

**All levels of mobility welcome**

**People with neurological conditions welcome**

**No referral required.**  
**Telehealth Service is also available.**

**PLEASE CALL 02 8876 9447**

**TO BOOK YOUR SPOT TODAY!**

## Step Right Falls Prevention Course

Falls are the leading cause of hospitalisation for those over 65 years of age. Falls can considerably impact not only your physical health, but also your social and emotional wellbeing too.

Studies have shown the combination of balance exercises and education can significantly improve your balance and minimise the risk of falling.

## More about Step Right

The Step Right Course has a strong focus on increasing your awareness of falls hazards and equipping you with the skills and knowledge to actively reduce your falls risk. Throughout the course, you will be taught simple balance exercises, which you are encouraged to practice at home.



plus