



WELLBEING SUPPORT Balance Program



At Your Health Navigator relationships are at the heart of the best care. We offer guidance and service beyond the standard in-hospital and in-home support. Your members are currently experiencing some challenging times and they may need some extra care, particularly if they are feeling unsteady on their feet.

Your Health Navigator offers a **Balance Program** which can be delivered either in-home or via telehealth consultation (allowing us to reach members in any location). Our Physiotherapist led program assists members to regain mobility, reduce their risk of falls and helps to build confidence. By using simple resistance and weight bearing exercises which increase strength, balance and stamina, our aim is to see participants improve their overall wellbeing and maintain independence.

Throughout the program, members are assessed and measured against standardised tools to ensure that their progress is effectively monitored and able to be reported back to the health fund. There are compliance related incentives offered along the way to encourage members to stay on track, empowering the individual to get the best possible results.

Understanding the social, emotional and physical needs of your members is what matters most to us and we consider it a privilege to be able to provide guidance and support through this difficult time.



The annual cost of falls-related acute care for older people in Australian hospitals is estimated to exceed \$600 million.*



In older people who live in the community, about 50% of falls occur within their homes and immediate home surroundings.*



Fear of falling and reduced activity levels can profoundly affect function and quality of life and increase the risk of serious harmful falls.*

*Source: Australian Commission on Safety and Quality in Healthcare. 2009. Preventing Falls and Harm From Falls in Older People. <http://www.safetyandquality.gov.au/wp-content/uploads/2012/01/Guidelines-HOSP1.pdf>



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