

## **Falls Prevention Team**

The falls team works to reduce the number and severity of future falls amongst the 'high risk' population of older adults. There are 5 members of staff in the team with a mixture of nursing and health care backgrounds.

The team work in partnership with lots of organisations who can all help you reduce your risk of falling, including [West Yorkshire Fire and Rescue Service](#).

We also offer a falls prevention exercise service, giving you the opportunity to take part in a 16 week exercise and educational session that aims to reduce your risk of falling. Sessions are led by later life trained postural stability instructors and otago exercise programme leaders. These sessions are available to patients living the North Bradford only.

The team is often out and about providing falls prevention advice and interventions. You may have met them at your local shopping centre, community group, sheltered housing, day care, luncheon club or another older people's service.