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REHABILITATION
MATTERS

Maureen's story

Maureen is 82 and lives with her husband. She was referred by her GP to the Falls Management Service in 2018. She was prone to falls and relied on a four-wheeled walker outdoors and two walking sticks indoors. Maureen's fear of falling had started to impact on her daily activities and she was always anxious when she went outdoors.

Soon after meeting the Falls team, Maureen was offered a place in the Postural Stability exercise group at the local leisure centre. To supplement this, she was supported to follow a balance and strengthening exercise programme at home. Her walking sticks were also replaced.

Over the six-month period that the team was working with Maureen, her walking improved; she began to stand straighter and take bigger steps. Most significantly, the number of times she fell decreased. Her confidence slowly grew and she began to go out more regularly with her husband.

The team visited Maureen in February 2019 and she told them she had not had any further falls. She still uses walking sticks outdoors for confidence but no longer uses a walking aid indoors. Maureen maintains the improvements she has made and keeps connected with the new friends she met on the programme by attending a local follow-on exercise group.

Maureen said: "The Falls Management Service have built up my confidence and I feel stronger and so much better in myself. All my friends have noticed the difference.

"My balance is still a bit dodgy but now I know to be careful and have the exercises to manage myself independently. I can't thank the team enough."

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