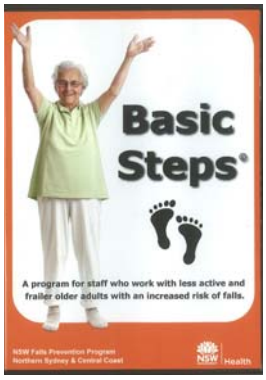
Now Available

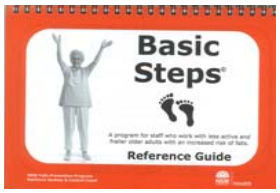
NSW GOVERNMENT Health
Northern Sydney Local Health District

Basic Steps

A physical activity and education resource for staff working with frail older adults in Residential Care who are at risk of falling



PC & MAC Compatible



A resource package consisting of a DVD & CD, and a Reference Guide booklet.

THE RESOURCE COVERS:

- Falls risk factors
- Age related changes in mobility and balance
- Exercise considerations for frail older adults
- Safe and basic exercises to reduce falls risk

THE RESOURCE CAN BE USED FOR:

- Orientation for new staff on physical activity and falls prevention
- In-service on falls prevention
- Design of safe and basic exercise programs to reduce falls risk
- Refresher for staff involved in provision of physical activities and falls prevention programs

(Optional Support Resource: Staying Active / Staying Safe CD or DVD)

Although this resource is referenced in the Basic Steps Package, it is not essential to the Basic Steps Training. It is suitable for both groups and individuals as it demonstrates low level exercises that can decrease falls risk.

Sold separately as DVD or CD

Healthy Lifestyle
Northern Sydney Local Health District
(02) 8877 5327 (W, Th, F)
or (02) 8877 5300
Email:
clawrens@nsccahs.health.nsw.gov.au

Order Form

ABN 63 834 171 987 TAX INVOICE *GST included in Price*

Name_____ Company/Organisation: _____

Address _____ Suburb _____ Post Code _____

Telephone _____ Fax_____

Basic Steps Resource	Quantity	Price	Total Cost
DVD/CD & Reference Guide		**$40.00**	$
Optional Supporting Resources-			
Staying Active/Staying Safe DVD (includes booklet guide)		$17.00	
Staying Active/Staying Safe CD (includes booklet guide)		$15.00	
		Postage	$
		Total	$

Postage & Handling
To NSW
- **$6.00** - 1 Item
- **$9.00** - 2 or more items

To Interstate
- **$12.00** per 1 item order

(Prices subject to variation for larger orders, please ring for prices)

Pay Cheques/Money Orders to:
Northern Sydney Local Health District
post to: Healthy Lifestyle, Locked Bag 2220, North Ryde NSW 1670 OR
Fax form with CREDIT CARD details to (02) 8877 5339

Credit Card: Mastercard ☐ Visa Card ☐

Expiry Date: ____ ____

CCV No. ____

Cardholders Name (printed): ..... Cardholders Signature:

Updated: 20/11/12