



## Session 3

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- **Welcome back (facilitators: PT,OT)**
- **Check homework (and arrange H/Vs as necessary for home modification prescription)**
- **Balance Station Circuit**
- **Discussion: The Balance Jigsaw**
- **Balance and stability exercises**

### Objectives:

1. To educate clients about the complexity of the “Balance Jigsaw” and to demonstrate to clients that balance is affected by many different things.
2. To help clients be proactive about correcting the risk factors they can change and being more aware of the consequences of those they can’t change.
3. To encourage clients to think about body awareness and posture.
4. To empower them to become “self-managers”.
5. To understand why they are doing the Home Exercise Program.
6. To be able to do all the exercises.

### Resources for Session 3:

Whiteboard and markers

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Timer

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Session plan “The Balance Jigsaw”  
discussion

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Water/tea/coffee

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Exercise tips handout

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Exercise handouts Session 3 balance  
and body awareness/stability

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Balance station equipment

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Plinth and suitable chair(s) for  
demonstrating exercises

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## Finding Your Feet Facilitator Manual

### Session 3 Plan

<b>Welcome back</b>	Welcome clients and give brief outline of session.
<b>Check homework</b>	Briefly discuss with group what they found when they checked their own environment for falls risk. Organise any necessary home visits, answer any questions.
<b>Balance Station Circuit</b>	Encourage clients to participate as able. Progress as indicated. Continue to give feedback and reinforce changes needed for safety or efficacy. Give positive feedback whenever possible.
<b>MORNING/AFTERNOON TEA</b>	
<b>Discussion (physiotherapist)</b>	Discuss balance and what affects it (the “balance jigsaw”), using the discussion outline to cover all topics. Encourage questions and comments.
<b>Demonstration (balance exercise/ body awareness and stability exercise handouts)</b>	Explain the reasons for doing the balance and stability exercises. Emphasise SAFETY++++.
<b>Homework</b>	Encourage clients to try all of the exercises during the week. Aim for minimum three times during the week, if possible every day.  Encourage clients to bring a photo” and “something of interest” to session 4.



## Session 3 Discussion Outline

### “The Balance Jigsaw”

Balance is the sum of many variables, some of which we can control, some of which we can't control. However, we can be more aware of the effects of the factors we can't control, and thus keep ourselves safer.

#### What is Balance?

- Centre of balance and base of support
- Pelvis
- Posture/symmetry
- Mobility aids

#### Factors Influencing Balance

- Age
- Eyesight
- Fitness
- General Health
- Hearing
- Medications
- Mobility, flexibility, posture
- Strength, endurance
- Pain
- Footwear
- Reaction time, balance reactions
- Joint position sense
- Vestibular system
- Nutrition/hydration
- Sensation



## Exercise Principles

**SAFETY! SAFETY! Never exercise holding onto an object which may move, such as a light piece of furniture.**

**Exercise little and often.**

**If you are tired, rest.**

**Do not push into pain – listen to what your body is telling you.**

**Pain is a guide. If it hurts, STOP... Pain warns you that something may be wrong.**

**Contact your GP if you experience dizziness, chest pain or shortness of breath while you are exercising.**

**Relax, think tall and enjoy yourself!**



## Home Exercises Session 3

### Balance exercises:

Put on some good music and some comfortable clothes and begin! Each exercise should be performed for three minutes, the task being repeated as often as is comfortable but still challenging. Important – rest if you need to before the three minutes is completed!

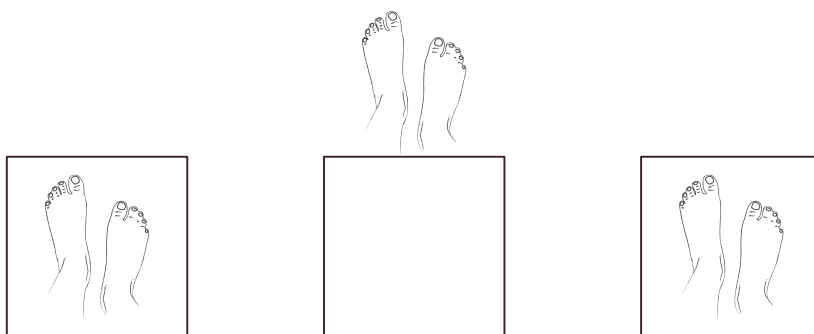
Remember SAFETY, SAFETY, SAFETY!!!

#### 1] Balance awareness:

Stand comfortably with your feet shoulder width apart and concentrate on the feeling of the pressure of the floor under your feet. Have the table in front of you and a chair behind you. Feel the changes as you sway your body – back and forward, side to side. If this is easy for you to do, hold the table with your fingertips and do the exercise with your eyes closed.

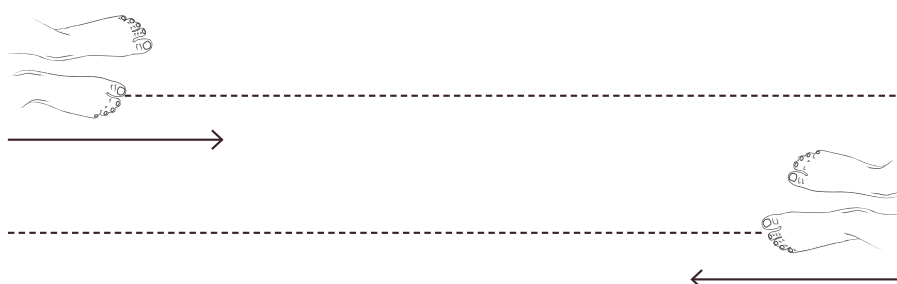
#### 2] The Square:

Step into a square to begin this exercise (the square could be a tile, a carpet square, masking tape on the floor or even an imaginary square). Step out of and back into the square in each direction – forwards, backwards, to the left and to the right.



#### 3] The Straight Line:

Choose a straight line (eg. a join in the carpet, a line of tiles, a join in the concrete, the hallway). Walk to the end of the line, putting your (L) foot on the line. Turn carefully and walk back again, putting your (R) foot on the line.





#### 4] The Chair:

Sit on a chair (this can be a firm dining chair, or to make this exercise harder, choose a lower, softer chair). Move toward the front of the chair, bring your “nose over toes”, push down on the arms of the chair and straighten up to standing. Don’t forget to look ahead NOT down at the floor! Repeat.

#### 5] Steps:

Practice on steps where you feel safe. Remember, “good” (or strong) leg up first. If you are using a stick, the stick helps the weaker leg and is held in the OPPOSITE hand.

#### 6] Reaching:

Here you are learning where your SAFE limits of reaching are. This means how far you can safely reach for something without losing your balance. Place numbered dots randomly on a wall and reach for them in sequence, first with one hand, then the other. Only touch the dot if you feel you have COMPLETE CONTROL of your balance! If needed, you can take a small step toward the dot.

#### 7] Knee bends:

Stand with your back against the wall and a small cushion or rolled up towel between your knees (optional). Keeping your upper back in contact with the wall, bend your knees so that you slide down the wall a short way. Your thigh muscles should be working hard. If you are using the cushion, make sure you press your knees together to keep it in place! Hold the squat position for 3 seconds and then slide back up the wall. Repeat 10 times or as able.



Start position



Halfway position



End position



## Home Exercises Session 3

### SAFETY, SAFETY, SAFETY!!!

Always be safe when you are doing exercises, and hold on to something solid. The bench top or kitchen sink are good options. If you hold on to furniture, use something VERY HEAVY.

### Body awareness and stability exercises:

#### 1] Body awareness/weight transfer:

- Stand with your legs apart and feet parallel.
- Transfer your weight from one leg to the other.
- Concentrate on the feeling of your weight going through your leg.



Left transfer



Start position



Right transfer



**2] Strengthening stabilizing muscles:**

- Stand straight holding on to the kitchen sink for support.
- Lift your leg sideways and bring it back to the middle, keeping your trunk straight throughout the exercise.
- Repeat \_\_\_\_ times with EACH leg.



**Left leg lift**



**Start position**



**Right leg lift**

**3] Strengthening stabilizing muscles:**

- Stand straight holding on to the kitchen sink.
- Bring your leg backwards keeping your knee straight.
- Do not lean forwards. Repeat \_\_\_\_ times with EACH leg.



**Start position**



**Halfway position**



**End position**





**4] Strengthening stabilizing muscles:**

- Stand using the wall or kitchen sink to support you.
- Lift one leg as if you are going to take a step.
- Repeat with your other leg.
- Repeat \_\_\_\_ times with each leg.



**Start position**



**Halfway position**



**End position**

Physiotherapist: .....

Phone: .....

## Reminder for Session 4

**For next week's discussion, please bring:**

- A photo of someone or something meaningful to you.
- Something of interest to you (eg. a photo of a holiday moment or pet, a jumper you have knitted, something from childhood or work years...)



## Session 4

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- **Welcome back (facilitators: SW/WW, PT, OT)**
- **Check HEP**
- **Balance Station Circuit**
- **Discussion: Improving Your Quality of Life**

### Objectives:

1. To introduce clients to the psychological difficulties with regard to falling.
2. To encourage participants to understand that incorporating specific psychological components into their lives will improve confidence mobility.
3. To encourage clients to consider their quality of life and initiatives to improve it.
4. To teach clients some coping strategies.

### Resources for Session 4:

Yellow post-it notes

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Whiteboard and markers

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Relevant brochures

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Pens

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Handout

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Themes – quality of life, responsibility and confidence

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Photo and article of interest brought in by each client

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Water/tea/coffee

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## Finding Your Feet Facilitator Manual

### Session 4 Plan

<b>Welcome back</b>	Welcome clients back and discuss how their week has been
<b>Check homework (HEP)</b>	Encourage questions and comments about the HEP
<b>Balance station circuit</b>	Encourage clients to participate as able. Progress as indicated. Continue to give feedback and reinforce changes needed for safety or efficacy. Give positive feedback whenever possible.
<b>MORNING/AFTERNOON TEA</b>	
<b>Discussion (social worker/welfare worker)</b>	Encourage clients to reflect on their Quality of Life and what this term means to each individual. Encourage clients to show and discuss the photo each has brought in to the session, explain the importance of the person/pet/object. Encourage clients to present their “articles of interest” to the group and discuss. Promote fitness and good nutrition, discuss benefits of exercise and good sleep patterns. Discuss risk and protective behaviours of social isolation. Discuss strategies to cope with changes which result in losses (eg. independence, mobility, hobbies, interests, social support, self esteem and privacy) and may generate strong emotions.
<b>Homework</b>	Ask clients to reflect on the learning from today and their QoL. Remind the clients that in Session 6 we will be discussing setting realistic goals.



## Session 4 Discussion Outline

### “Improving Your Quality of Life”

#### **Mobility confidence**

- Handout: falls at home, falls ↑ with age, falls ↑ for women

#### **Quality of Life (collect a “problem word” from each client prior to group)**

- Under which QoL heading do the words fit – daily living, health, level of support and outlook on life?

#### **Level of support**

- Identification of social support and its context in clients’ lives
- Share personal stories
- Risk and protective behaviours of social isolation (who and what)
- Strategies for further support options (brainstorm)

#### **Assessing Daily Living (encourage clients to present their photo and “article of interest” to the group)**

- Meaningful and purposeful occupation
- Recreation and participation in a range of social activities
- Connectedness, friendship and companionship, support networks and community participation

#### **Healthy Aging**

- Fitness and nutrition
- Sleep patterns
- Benefits of exercise



## Finding Your Feet Facilitator Manual

### Outlook on Life

- Insomnia
- Anxiety
- Reducing worry
- Stress and tension
- Grief and loss
- Sleeping
- Transitions
- Coping strategies (distraction, activity, talking to others, expressing emotions, exercise, relaxation techniques, seeking information, advice and help, diet, sufficient sleep, spiritual/religious beliefs, positive thinking, problem solving)

### Close

- Encourage reflection on learning from this session
- Remind clients that QoL is important for their wellbeing and happiness
- Setting realistic goals will be discussed in Session 6



## Handout Session 4

### Risks:

- Falls are recognised as a major cause of disability and can be a precursor to residential care.
- The likelihood of having a fall **increases with age** and **women are more predisposed to falling** than men.
- In the community based population of Australia approximately **one in three people aged 65 years or older fall annually**.
- Between 20 – 30% of these falls require medical attention.
- The majority of fall related injuries occur in independently living people, often as they move around **their own homes!**