

Fact Sheet:

Exercise and Falls Prevention Classes

What are exercise and falls prevention classes?

Exercise classes are for seniors and aim to prevent injury and falls through strength and balance exercises. Classes may be led by trained instructors, including peer facilitators or support workers.

Falls prevention classes provide seniors with instruction on how to reduce the risk of falling. Classes are led by regulated professionals including registered physiotherapists and nurses, occupational therapists and kinesiologists. The topics covered are varied and may include identifying fall hazards, conducting home assessments and discussing ways to move around safely.

Do I have to pay for exercise and falls prevention classes?

There is no charge to participate in exercise and falls prevention classes.

Who is eligible?

Community exercise and falls prevention classes are open to all seniors and do not require a referral from a doctor, nurse or other health provider.

How many classes will I receive?

There are no limits to the number of classes you can participate in. Typically, community exercise and falls prevention classes run year round and are held multiple times for a maximum of two hours per week.

What if I live in a long-term care home?

All long-term care homes offer on-site exercise and falls prevention classes. Home staff can answer questions about participating in available exercise classes or other recreational programs.

Where can I find exercise and falls prevention classes in my community?

Classes are offered in retirement homes, community centres and other locations in the community. For information on how to access exercise and falls prevention classes and locations in your community, please visit the Health Care Options website at ontario.ca/healthcareoptions, your Local Health Integration Network website at lhins.on.ca or call the Seniors' INFOline at 1-888-910-1999 or TTY: 1-800-387-5559.