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### **What is the Still Standing Program?**

The Still Standing Program is a light exercise program to help reduce the risk of falling over. Falling can be very dangerous as we get older, and the Still Standing Program aims to reduce the risk of falling and associated hospitalisation. This program helps you complete low intensity (light) exercise whilst under the supervision of an Accredited Exercise Physiologist. The exercises completed during the classes include:

- Exercises to build leg strength, which are completed in a seated position and safe.
- Balance exercises to improve balance (chairs and supports are provided to reduce risk of falling).
- Mobility exercises to improve how you move (chairs and supports are provided to reduce falling).
- Reflex exercises to help sharpen the mind.

Participants meet weekly for an hour of exercise and there is plenty of chat, which also means completing the Still Standing Program is also a nice way to meet new people and possibly make new friends.

The program has been running for the past 4 years and produced the following results:

- Average leg strength improved 42%
- Average balance improved 46%
- Average mobility improved 21%
- Average functionality improved 20%
- Number of patients classified as low risk of falling improved from 15% to 62%.

### **What are the costs involved?**

The Still Standing program is funded by the Western Sydney Primary Health Network (Wentwest). That means the complete program is free for participants.

### **The program includes:**

- Initial assessment with Accredited Exercise Physiologist (AEP) plus home exercise program designed by AEP with free exercise bands
- 12-week supervised group exercise program with AEP to be completed over maximum 16 weeks.
- Tea and coffee provided after each class (depending on COVID restrictions)
- Final assessment with AEP after completion of the program.

### **Eligibility:**

- Aged 65+ or Aboriginal and Torres Strait Islanders aged 50+
- Reside in Western Sydney (Blacktown, Parramatta, Castle Hill and Cumberland LGAs)
- Medically stable and at risk of falling or have experienced a fall.
- Not in aged residential care.
- Not due to travel lasting more than one week within 4 months of starting
- Not due to have any major elective medical procedure within 4 months of starting
- Not completed the Still Standing Program in the past 2 years, unless recurrent falling and new referral from your GP, specialist or allied health professional.

**Current Locations:**

**Castle Hill** – Wrights Road Community Centre, Wrights Road, Castle Hill – Room 2

Class 1: 8.30am

Class 2: 10.30am

Assessments available at 8am and 10am, by appointment only.

**Parramatta area** – Ermington Community Centre, 6 River Road, Ermington – Meeting room

Class 1: 8.30am

Assessments available at 8am and 10am, by appointment only.

**Doonside** – Doonside Senior Citizens Club – 35 Graham Street, Doonside

Class 1: 9.30am

Class 2: 10.30am

Assessments available at 9am, by appointment only.

**Mount Druitt** – Mount Druitt Hub, Ayres Grove, Mount Druitt – Room 2

Class 1: 9.00am

Class 2: 11.00am

Assessments available at 8.30am and 10.30am, by appointment only.

**What to bring:**

- Comfortable clothing, safe footwear (ideally closed shoes), and a bottle of water

**How to start the program:**

Please note to start the class you must:

- Complete the prescreening form
- Be assessed before starting the classes. Please contact us to organise your assessment before starting the classes.
- Bring your exercise bands with you to each class, given free at the assessment. Replacement exercise band packages can be bought for \$15.

Before starting the classes, you need to complete an assessment. Please contact us for an appointment to complete your assessment. For the assessment, please bring with you a health summary, care plan or GP referral which outlines your health history to get a better understanding of your health needs. This program is funded and as part of the funding arrangement we need to assess your balance, strength and mobility before and after the program. It is also beneficial to see your improvement as well.

Everyone can attend 12 sessions over a maximum 16-week period. The start dates listed above are when the exercise classes will resume, participants are able to start though whenever they want.

If you have any questions or if you would like to express interest in joining or arrange the initial assessment, please do not hesitate to contact Daniel Parker, who is the Accredited Exercise Physiologist who runs the program. Please leave a message if your call is not answered. Phone calls will only be returned when a message is left.