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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 support are provided to reduce risk of falling).
- Mobility exercises to improve how you move (chairs and supports are provided to reduce falling).
- Reflex exercises 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%
- The 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 having 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 LGA

Castle Hill/Kellyville – Wrights Road Community Centre, Wrights Road, Castle Hill – Room 2

Day: Mondays Class 1: 9.30am Class 2: 11.00am

Assessments available at 9am and 10.30am, by appointment only.

Parramatta LGA

Dundas Valley – Dundas Park Meeting room – Yates Avenue, Dundas Valley

Day: Wednesday Class 1: 9.30am Class 2: 11.30am

Assessments available at 9am and 11am, by appointment only.

Wentworthville – Karabi Community and Development Services Inc. – Cnr Darcy Road & Fyall Avenue, Wentworthville

Assessment day: Friday the 19th of April 2024

Assessments available on this day: 9.00am, 10.00am, 11.00am, 12.30pm, 1.30pm.

Classes begin: Friday the 26th of April 2024

Class 1: 9.30am Class 2: 11.00am

Assessments available at 9am and 10.30am, by appointment only from the 26th of April 2024.

Blacktown LGA

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

Day: Thursdays Class 1: 9.15am Class 2: 10.30am

*Class 2 is currently full, please contact us to see if places become available, or to be placed on a waiting list for this class.

Assessments available at 8.45am, by appointment only.

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

Day: Fridays Class 1: 9.30am Class 2: 11.00am

Assessments available at 9.00am and 10.30am, by appointment only.

Cumberland LGA

Toongabbie – Toongabbie Community Centre – 244 Targo Rd, Toongabbie NSW 2146

Day: Thursdays Class 1: 9.30am Class 2: 11.00am

*Class 2 will only go ahead in we have too many participants in the first class

Assessments available at 9am and 10.30am, by appointment only.

Merrylands – Norrie Marie Kiosk at Central Gardens Nature Reserve – Cumberland Hwy & Merrylands Road, Merrylands West NSW 2160

Assessment day: Tuesday the 23rd of April 2024

Assessments available on this day: 9.00am, 10.00am, 11.00am, 12.00pm

Classes begin: Tuesday the 30th of April 2024

Class 1: 9.30am Class 2: 11.00am

Assessments available at 9am and 10.30am, by appointment only from the 26th of April 2024.

***Currently awaiting venue confirmation from Cumberland Council**

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:

- Be assessed before starting the classes. Please contact us to organise your assessment before starting the classes.
- Complete the prescreening form at the assessment.

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.

Frequently asked questions

What do I need to do to start the Still Standing Program?

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.

How long do the classes take?

The exercise part of the exercise classes takes about 1 hour and 15 minutes. There may be the re-introduction of tea and coffee after the class, which is currently suspended due to COVID.

What if I miss a session or more?

Everyone can attend 12 sessions over a maximum 16-week period. If you need to miss a class due to reasons such as being unwell or attending an appointment you can make up the sessions missed, as long as they are within 16 weeks of starting.

What if I need help with transportation?

We may be able to provide you with transportation to and from the classes if there are no transportation options for you. That means there is no My Aged Care transport available for you, you are unable to use public transport (reasons why must be given) and you are unable to drive. If you meet this criteria, we may be able to arrange transport for you (budget depending).

How many times are you allowed to complete the Still Standing Program (free sessions)?

Everyone is allowed to do the free Still Standing Program once every 2 years. This is to allow others to participate in the program. If you are still falling over on a regular basis, you may be able to complete the program again with a referral from your GP.

What happens after completion of the Still Standing Program?

Once you have finished the 12 free sessions, we would like you to complete the final assessment to measure your progress. After this is completed, you are invited to continue to attend the Still Standing maintenance program. Basically, these exercise classes are like the Still Standing Program classes that have just been completed, where we continue to do light exercise to strength your legs, improve your balance, functionality and mobility. We feel this is a great way to maintain the results you have achieved already and will allow you to continue to improve.

The costs for the maintenance program are as follows:

12 sessions for \$144 – \$12 per session – 16-week expiry

8 sessions for \$104 – \$13 per session – 11-week expiry

4 sessions for \$56 – \$14 per session – 6-week expiry

Casual session for \$15 per session

What happens if I don't complete the exercises at home?

Ideally, to maximise the benefits of the exercises, you should complete the exercises at home with the instructions given to you at your initial assessment. If you only do the exercises in the classes, you should still achieve some benefit if you put the effort into it.