

Your Independence is *worth protecting*

Take control of your health and safety today

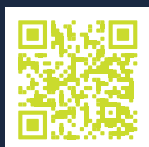
Did you know that falling is not a normal part of ageing? Most falls are actually caused by health or lifestyle factors that can be managed. In fact, one in four Australians aged 60 or over fall at least once every year.



Could you be at risk?

- ☐ I have had a fall in the last 12 months.
- ☐ I do less than 30 minutes of physical activity a day.
- ☐ I feel unsteady on my feet or find it hard to get out of a chair.
- ☐ I take three or more different medicines.
- ☐ It has been over 12 months since my last eye or glasses test.
- ☐ I often feel dizzy, light-headed, or have blurred vision.
- ☐ I have choked on or had difficulty swallowing food or liquid.
- ☐ I find it increasingly difficult to communicate with loved ones.

If you ticked one or more boxes, please turn this card over to see how we can help you stay independent.



DISCUSS YOUR RESULTS



supportathome@concentric.com.au

1300 148 160

Maintain Your Independence *at home*

If you ticked any boxes on the front, there are steps you can take today to stay safe, healthy, and mobile. Our team helps you manage your overall wellbeing and lifestyle factors to maintain your health and prevent accidents before they happen.



How Our Allied Health Team Supports You:

Occupational Therapy

Our OTs assess your daily routines and living space to identify hazards and recommend practical changes, such as grab rails or improved lighting, to make your home safer and help you maintain your independence.

Physiotherapy

We help you stay steady on your feet by improving your balance and strength through tailored exercises. Our team also screens for physical symptoms, such as dizziness or unsteadiness, that may be related to your health or medications.

Exercise Physiology

We design safe, clinical exercise programs to help manage conditions such as arthritis, osteoporosis, diabetes and heart disease. Our focus is keeping you strong, steady and active so you can continue doing the things you love.

Speech Pathology

We provide expert support if you are experiencing difficulty swallowing food or liquids safely, or if you are finding it harder to communicate with your loved ones.

Book Your In-Home Assessment Today

Don't wait for a trip or a slip.

Call our team to book your in-home assessment today.

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