

“Learning About Falls”

Hosted by the Edinburgh Branch of Parkinson’s UK

Friday 10th March, 2017: 10.30am to 3pm (registration from 10am)

Bellevue Chapel, Rodney Street, Edinburgh, EH7 4EL

The NHS website confirms, “Falls are a common, but often overlooked, cause of injury. Around one in three adults over 65 who live at home will have at least one fall a year, and about half of these will have more frequent falls.” Impaired strength and balance contribute to many falls, and often people with Parkinson’s are particularly vulnerable to falls as the condition affects both balance and mobility.

This event aims to provide information from healthcare professionals, as well as having practical sessions, such as an activity session run by Steady Steps and a demonstration of safe manual handling for transfers and mobility. There will also be a Physiotherapist perspective, which includes reasons for falls and correct ways to get off the floor after a fall.

There will be opportunities for participants to speak individually with those delivering sessions. We also hope to have some equipment, which will be discussed by an Occupational Therapist. The programme is aimed at being interactive and informative.

(If you plan to participate in the experiential sessions, please wear comfortable clothing)

Tickets: Free (includes tea/coffee on arrival and a light lunch)

Book Online: with Eventbrite (can also access via: www.edinburghparkinsons.org)

By Post: Falls, c/o 82 Annandale Street, Edinburgh, EH7 4BB *(cut out and return this form)*

Limited Number of Places – Early Booking is encouraged (ideally via Eventbrite)

Full Name(s): _____

(of each person)

Address: _____

Telephone Number: _____

Dietary Requirements: _____

Parking information: Blue badge holders can park on double yellow lines in Cornwallis Place and on single yellow lines on both sides of Rodney Street.

Nearest Buses: 8, 13, 23 and 27 to Canonmills and walk up to the Chapel. 36 bus to Broughton Road or Eyre Place. Several buses go to York Place or Elm Row from where it is a 5-10 minute walk down Broughton Street to the Chapel.