

“If my client isn’t physically supported, there is a definite risk that she will fall.”

One of the greatest challenges of growing old is facing the decline of our bodies’ capacities.



The Age-Defying Brain Cognitive Techniques for Fall Prevention

In this highly interactive, full-day workshop, health care providers will be guided through a series of engaging cognitive exercises from which they can pick and choose to develop a regimen for their clients. Providers will walk away from this session with a new tool-kit of activities, feeling inspired and energised.

Fall prevention is a critical aspect of elderly care. Reduction in muscle atrophy and bone loss play a central role in any fall prevention program, but without the cognitive support of mental focus, balance, and coordination alongside, muscle training won't prevent falls. Recent studies have shown that brain training for people in cognitive decline significantly reduces or reverses the course of that decline.¹ Incorporating attention, balance, and coordination exercises into the daily life of those in care *will* reduce the risk of falls. The resulting independence gained will also lead to a higher quality of life.



Our program is founded on peer-reviewed research and our workshops are presented by engaging professionals.

To book a workshop, e-mail us at info@do-it-better.ca

1. <http://clinicaltrials.gov/ct2/show/NCT00298558> For more studies, please visit our website.