

## 防跌運動班 Fall Prevention Class

對象 Target :

- 65歲或以上能獨立自理的長者  
Independent elderly persons over 65 years old
- 希望改善活動能力及日常活動中保持平衡的信心  
Persons wishing to improve mobility and confidence in maintaining balance in daily activities.

- 合共八節，每星期一節，每節一小時集體運動班。

The class consists of 8 weekly sessions of group exercise. Each session lasts for about 1 hour.

- 內容包括肌力、平衡力、反應及協調訓練，以及學習簡易家居運動等。

There will be exercises targeting muscle strength, balance, reaction and co-ordination. There will also be exercises that can be done easily at home.

- 最後一節將重新評估平衡力以檢視進度。  
Balance assessment will be repeated on the last session to evaluate your progress.

- 日期：逢星期四 下午2時至3時  
Date: Every Thursday 2-3pm

- 不設退款，需於3個月內完成  
No refund once charged, the programme should be completed in 3 months.

收費 Fee

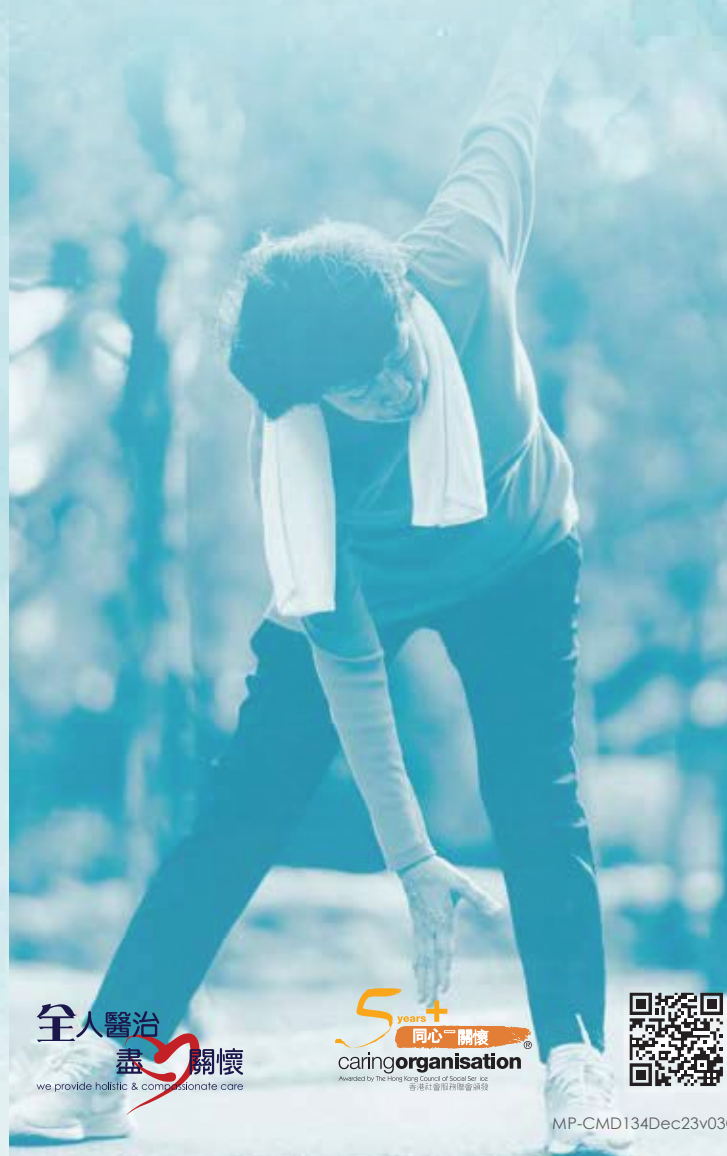
**\$2570** (8堂sessions)



### 查詢及報名 Enquires & Registration

此服務需醫生轉介，請聯絡物理治療部。  
Doctor's referral required for this service.  
Please contact Physiotherapy Department.

☎ 2760 3444



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# 防止跌倒

## Fall Prevention



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# 防止跌倒的重要性

## Importance of preventing falls

隨著年齡增長，身體機能開始步入衰退，很多長者都希望能夠維持體格健壯及在日常生活中獨立自理。然而一年當中，每五個65歲以上在社區居住的長者就有一個跌倒。跌倒受傷可以引致嚴重的後果，包括骨折及腦部損傷等，長遠影響行動及自我照顧能力。研究指出，恆常參與體能訓練，鍛鍊肌力及平衡力，能有效減低跌倒的風險。

Our physical functions deteriorate as we age, yet most of the elderly persons wish to stay healthy and remain independent in our daily activities. Each year, one in every 5 community-dwelling elderly persons over 65 years of age experience a fall. Falls can lead to serious consequences, like fractures and brain injuries, which in turn results in decline in mobility and independence. Research shows that active participation in strength and balance exercises can effectively reduce the risk of fall.

## 跌倒風險評估 Fall Risk Assessment

對象 Target :

- 65歲或以上能獨立自理的長者  
Independent elderly persons over 65 years old
- 過去一年曾經跌倒  
Persons who have a history of fall in the previous year

- 由物理治療師進行一系列測試，評估你的下肢肌力、步態及平衡力。

The assessment consists of a series of tests conducted by physiotherapists to evaluate your lower limb strength, gait and balance.

- 透過了解日常生活習慣識別跌倒風險因素，及給予減低風險的建議，需時約30分鐘。

Your therapist will identify with you various risk factors that lead to fall, and advise on reducing them. The tests take about 30 minutes.

- 如測試結果顯示有跌倒風險，物理治療師將建議長者參加防跌運動班。

If the test results show that there is an increased risk of fall, physiotherapists would recommend joining the fall prevention exercise class.

收費 Fee **\$510**

參加折實價\$1000以上體檢後  
優惠價 **\$435**

Special Price After Checkup Over \$1000

