



Cost

The cost of the group is generally covered through insurance. If you have any questions regarding insurance coverage, please contact the Day Hospital or your insurance provider.

Group Attendance

In order to gain maximum benefit, group participants are strongly encouraged to make a commitment to attend all six sessions as each week builds on knowledge/fitness gained in previous sessions.

Transport

You are encouraged to provide your own transport. If you need assistance, the Day Hospital staff can provide information about community transportation resources.

Our Mission

We are a committed team of professionals working in partnership with patients, their families, clients and the community to provide high quality health care services that meet their needs and expectations

Day Hospital Rehabilitation Service

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Bermuda Hospitals Board

CARING FOR OUR COMMUNITY

STAYING STEADY GROUP



Do you feel unsteady
on your feet?

Are you concerned
you may fall?

Something can be done!

How the Group Works

This six-week group runs for two hours per week. In a friendly group setting, you will complete an hour of supervised exercise followed by a 45 minute group education and discussion session.

Initial Assessment

You will be assessed by a physiotherapist, occupational therapist and a registered nurse who will determine any causes of unsteadiness and provide you with specific advice relevant to each situation. This will include a home visit.

The physiotherapist will tailor an exercise programme for you that will be completed in the group with supervision.



A home exercise programme will also be designed for you, which you will be encouraged to complete regularly.

Additional Resources

You will also have access to the following Day Hospital services:

- Clinical Psychologist
- Social Worker
- Dietitian
- Physician Consultant
- Clinical Dietitian



What if a group situation isn't best for you?

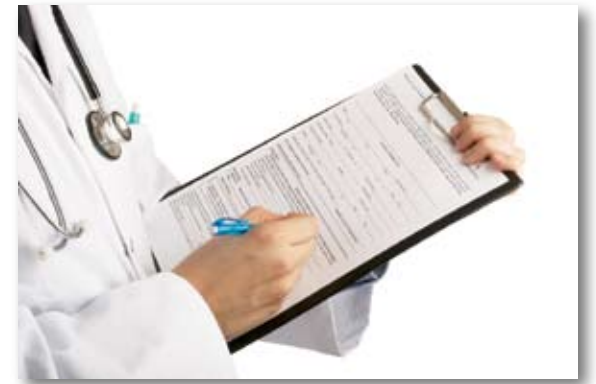
This will be determined with you during the initial assessment. If necessary, we will work with you one on one over the six-week period.

Group Content

- Reducing risks in your home
- How physical activity helps you stay steady
- Understanding the medical reasons for falling
- Managing the emotional impacts of feeling unsteady/falling and improving your confidence
- Nutrition and falls
- What to do if you have a fall
- How to get ***MORE OUT OF LIFE!***

Referral to the Group

You will require a referral from your physician to access the Day Hospital Services.



Where is the Group offered?

The group is run in the Day Hospital, located on the first floor of King Edward VII Memorial Hospital.

When does the Group meet?

The group will be run on Thursday afternoons from 1:00 pm to 3:00 pm. If the time and day do not suit you, please contact the Day Hospital to see what other options are available.