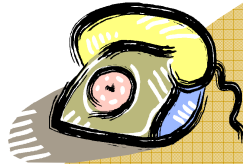


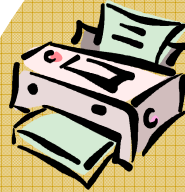
Charges

Falls Risks Assessment	\$400.00 \$200.00
Follow-up Visit by Occupational Therapist/ Physiotherapist (per session)	fr \$100.00 fr \$80.00

Contact Details



6258 6797



6258 1013



caregivers@touch.org.sg

**Contact us for a discussion
now!**

FALLS RISKS MANAGEMENT PROGRAMME (FRMP)



**A proactive approach in
reducing your risks**

All rates indicated above
are valid at time of print.

Do You Know?

3 in 10 people aged 60 years and above fall each year (half of which are healthy persons).

More than 60% of falls occur at home.

Those who have fallen are 3 times more likely to fall again within the next year.

A fall can have devastating consequences on mortality, mobility, independence and lifestyle.

However, falls are not a part of normal aging.

Most falls can be prevented.

What is FRMP?

A comprehensive falls risks assessment will be conducted by our Occupational Therapist and Physiotherapist in your home.

This assessment includes

- balance, gait, mobility
- falls history
- home environment
- chronic medical condition
- lifestyle

A written report detailing your risks profile and recommendations will be provided after completion of the assessment.

A customised intervention programme will be designed depending on your risk profile.

This programme may include

- home exercise program
- prescription of assistive aid
- modification of home environment
- referral to a home health doctor/nurse experienced in geriatric care

Who should sign up?

Client's Status	Yes? (√)
60 years and above	
Previous history of fall	
Chronic medical condition e.g. diabetes, hypertension, dementia, Parkinson's disease, stroke, visual impairment	
Concerned & loving family member of an elderly	

If you tick (√) 1 or more of the above, you would benefit from the falls risks assessment.

What are the Benefits?

- Know your risk profile
- Reduce your risks so as to maintain your independence and quality of life
- Save money due to injury, hospitalisation, etc.

Take active steps today!