

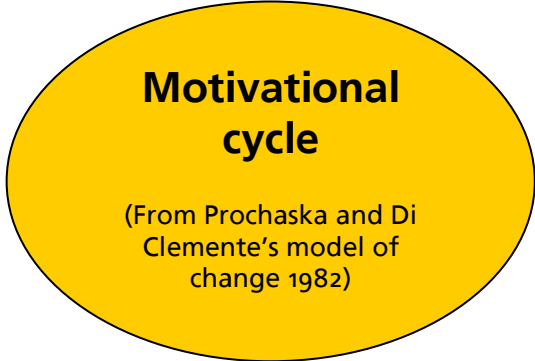
5. Action

- Starting the falls group, taking part in group exercises and education sessions.
- Completing Home Exercise Program regularly.
- Working towards achieving set goal e.g. practising outdoor walking with falls prevention staff / family or carer.

6. Observation/Reaction

"I feel my balance and strength has improved and as a result I'm more confident. I've now achieved my goal of walking outside and can now do my own shopping again.

This has really motivated me to continue with physical activity. Since finishing the falls programme I have started a community based exercise class to ensure I keep fit and well."



4. Commitment to action / Decision to act:

Speaking to friends/ family/GP about your problem and seeking help/advice. e.g. referral to community rehab teams like the Falls Prevention Service. Assessment from Falls Prevention Service and identifying personal goals and making a plan on how to achieve that goal.

3. Self Efficacy

"I want to get back to going outdoors alone again and really think that I can do it."

Believing that it is possible.

2. Contemplation stage

'It's been over a month now and I'm still not confident enough to go outdoors'

Recognising that there is problem and that it may get worse and starting to think about ways to resolve this problem.

1. Pre-contemplation stage

'I'm not able to visit the local shops on my own anymore because I've had several falls outdoors which has really knocked my confidence.'

But I'm managing ok at the moment with help from my daughter for shopping.

