

## Keeping older people in the community on their feet

Approximately 30 per cent of people over the age of 65 who are living in the community fall each year. The risk of a fall and the likelihood of injury are greater in people with chronic musculoskeletal conditions. A recent Cochrane review has reported that exercise programs incorporating two or more components of strength, balance, flexibility or endurance exercises, reduce the rate of older people falling in the community. The review also reports that exercising in supervised groups, participating in tai chi programs or performing individually prescribed home exercise programs are all effective at reducing falls. To access the full results including summaries of the effectiveness of other interventions such as vitamin D supplements, download a summary of the review.

Log onto [www.arthritisvic.org.au](http://www.arthritisvic.org.au) for more details.



*Source: Kinect Australia Sept Newsletter, Recreation SA*