Falls Prevention

Course Name	Start Date	End Date	Site	Total Fees
Falls Prevention	28/04/2027	28/04/2027	North Shields Ymca	0.00
Falls Prevention	23/09/2026	23/09/2026	North Shields Ymca	0.00
Falls Prevention	03/02/2027	03/02/2027	North Shields Ymca	0.00

Who Is This Course For?

This 2-hour workshop is suitable for those who wish to learn about falls in the home and how to prevent them. It may be particularly suitable for those working in the care sector, wishing to work in the care sector, or who care for a loved one. This course is funded for those aged 19 or over, living in northeast England and with an income of less than £32,000 per year (including those who are unemployed).

What Can I Learn On This Course?

This informal session will focus on:
What can I do to prevent a fall?

Importance of health checks.

How do I make my home fall-proof?

What can I do if I'm worried about a fall?

What should I do to manage a fall?

How to get a free home safety check

Care Call (North Tyneside)

How Is This Course Delivered?

This course is delivered in a classroom environment with your tutor and classmates.

What Will I Need To Bring With Me?

You aren't required to bring anything specific for this course, but you may wish to bring a pen and notepad to take notes during class.

What Skills Or Experience Do I Need?

No prior experience or knowledge is needed.

How Will My Work Be Assessed?

This is an informal workshop so there are no formal exams or assessments. You will complete a worksheet on the day, and feedback will be provided from your tutor.

What Can I Do After The Course?

If you are interested in working in the care sector, you may wish to consider completing the 1-week Get Into Care course. Your tutor can discuss this further with you. We also have a range of other awareness workshops available, including Parkinson's, dementia and stroke awareness to name a few. You may also like to consider one of our accredited level 2 online learning courses such as Level 2 Common Health Conditions, Level 2 Personal Care Needs or Level 2 Principles of Dementia Care.