

Ageing Well: Falls

A free online course starting on 24 November



Explore why people fall, discover practical methods to reduce the risk of falling and recognise when to seek expert help.

Every day in the UK, almost 10,000 people aged over 65 will fall down. The personal costs are staggering, with falls resulting in injury, broken bones, fear of falling and social isolation.

- Learn more about why falls are just so important
- Discover ways of assessing and reducing the risk of falling
- Recognise when to seek help
- Explore how to prevent falls and injury

Within this interactive course, we will learn through inspirational video case studies and tutorials. We will explore the personal and wider consequences of falls and uncover helpful, practical advice, learning how to prevent falls and injury.

In our Meet the Expert series, we will draw upon the experience of world leading clinicians and researchers at Newcastle University and the award winning and innovative Falls and Syncope Service at Newcastle's Royal Victoria Infirmary. Through online discussion and live Question and Answer events we can interact with our experts, revealing facts, uncovering myths and discovering more practical advice on falls prevention.