All enquiries should be made to your local Day Centre

Antrim Day Centre

Tel: 028 9441 6515

Armour Day Centre

Tel: 028 2766 4101

Cookstown Day Centre

Tel: 028 8672 3900

Glenmona Day Centre

Tel: 028 2177 1339

Gloucester Park Day Centre

Tel: 028 2827 4311

Inniscoole Day Centre

Tel: 028 9085 4333

Maghera Day Centre

Tel: 028 7964 3360

Magherafelt Day Centre

Tel: 028 7936 5075

Wilson House Day Centre

Tel: 028 2586 3820

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Northern Health and Social Care Trust

Our Vision

We provide compassionate care
with our community, in our community.

S.T.E.P.S Programme

If you would like to give feedback on any of our services please contact:
Email: **user.feedback@northerntrust.hscni.net**
Telephone: **028 9442 4655**

Northern Health and Social Care Trust

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Stepping
Toward
Enhanced
Postural
Stability

Northern Health and Social Care Trust

Physical Activity

Keeping active in older age is the key to living a more independent life, and adding life to the years that are left.

There is an abundance of evidence that specific targeted exercises (like those included in the S.T.E.P.S programme) can help in the prevention, management and rehabilitation of common problems associated with ageing, such as strokes, falls and depression.

There is a myth that with increasing age, the need for physical activity of any sort decreases and eventually disappears. The opposite is true! An active lifestyle as we age has been shown to increase a person's ability to perform everyday tasks, and helps them to live independently and maintain a good quality of life for longer.

What is the S.T.E.P.S programme?

S.T.E.P.S is an exercise and education programme. It is designed to help prevent falls and fractures, and promote independent living.

Who is this programme for?

The programme is available for adults over 55 who:-

- have a fear of falling
- feel unstable
- have a history of falls (with or without injury)
- have osteoporosis (low bone density) or a family history of osteoporosis
- participate in limited or no physical activity

How long is the programme?

S.T.E.P.S is a 16 week programme, which you can access in your local Day Centre. You will attend one ½ day per week, where you will receive education based upon relevant falls prevention and health improvement subjects. This will include a short talk, quizzes, poems and group discussions. An exercise session will follow, were the exercises are prescribed specifically to suit your ability and need. There will also be an opportunity to socialise, as tea / coffee and biscuits will be provided.

Do you have to do the exercises at home?

Yes, you will be asked to repeat the exercises at home, and will be provided with an exercise workbook to follow.

Remember, you cannot store up fitness or improvement in strength and balance. In fact the old saying is true, 'if you don't use it, you will lose it'.