

## CONSUMER INFORMATION FOR EXERCISE PROGRAMS THAT MEET THE RECOMMENDED FALLS PREVENTION GUIDELINES

<b>Program name</b>	
<b>Location and address</b>	
<b>Area of Winnipeg</b>	
<b>Contact details</b> (Phone, email, website)	
<b>Program category</b> (Select the best category from: Falls prevention, Yoga, Pilates, Tai Chi, Qi Gong, Dance, Strength training, General exercise, Other (please specify))	
<b>Description of program</b> (1-3 sentences of what is included in class +/- the main components of program provided by instructor)	
<b>Instructor background</b> (Training of exercise instructor)	
<b>Class time spent on standing balance/strength exercises</b> (%)	
<b>Individually tailored to participants</b> (i.e. No assessment is performed and exercise options of varying difficulty are not provided (may vary with instructor), No assessment is performed but exercise options of varying difficulty are provided (may vary with instructor), A group assessment is provided and exercises are selected based on assessment findings, An individual assessment is provided and exercises are selected based on assessment findings)	
<b>Progressive in difficulty</b> (Yes/No)	
<b>Cost</b> (per class or per term)	
<b>Program/term duration</b> (weeks)	
<b>Subsidy available</b> (Yes/No/Details)	
<b>Drop in or pre-register</b>	
<b>Centre or home based</b>	
<b>Additional one-on-one training available</b> (Yes/No/Cost)	
<b>Instructor : participant ratio</b>	
<b>Onsite emergency care</b> (personnel trained in First aid and CPR, AED onsite)	
<b>Encouraged to continue at home</b> (Yes/No/recommendation)	
<b>Target age of participants</b> (over 50, over 65, over 75, other)	
<b>Target groups</b> (i.e. arthritis, stroke, general population, increased falls risk)	
<b>People excluded from program</b> (i.e. use of walking aids, cognitive)	

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impairment, etc...)	
<b>Medical clearance required</b> (Yes/No)	
<b>Experience required by participants</b> (None/minimal/extensive)	
<b>Parking available</b> (Yes/No)	
<b>Transportation to program available</b> (Yes/No/Details)	
<b>Facility accessibility</b> (Stairs, ramp, etc....)	