



CONCENTRIC SHORT TERM BOOSTER PROGRAMS

WHAT ARE SHORT TERM BOOSTER PROGRAMS?

Concentric Booster Programs are evidence-based exercise programs that focus on maintenance and restorative care for residents living in aged care. They are 8 weeks in duration and are designed to prevent declining mobility, limit falls risks, aid returning to functionality and support residents who have recently been discharged from hospital.

These referral based services can be used in conjunction with existing allied health support, and can be delivered virtually with no wait times or minimum hours required. Each Program can be tailored to meet individual goals, and updates are provided to resident's support network.

BOOSTER PROGRAMS

BOUNCE BACK - REABLEMENT PROGRAM

Benefits

- Regain physical function and strength
- Promotes independence and confidence
- Improves exercise tolerance, coordination and endurance

Structure

- 8 weeks duration
- 2 x a week
- 30-min 1:1 session
- group class option

STAND STRONG - FALLS PREVENTION PROGRAM

Benefits

- Reduced falls risk
- Lower limb strength focus
- Improves balance and reflexes

Structure

- 8 weeks duration
- 2 x a week
- 30-min 1:1 session
- group class option

To find out more about our Booster Programs, please contact our National Homecare Development Manager Trent Shannon **E** trent.shannon@concentric.com.au **M** 0450 155 222

