



Plus Balance

Improve your confidence, function and mobility with our evidence-based falls and balance classes!

Six weeks of group classes for better balance to prevent falls

Our Plus Balance program is designed to support anyone who has previously had a fall or wants to reduce their risk of falls.

Our physiotherapists have a deep understanding of balance and mobility for people living with MS and other neurological conditions.

Through the program, we will support you to move with confidence and empower you to reduce the risk of falls.

Plus Balance classes are suitable for all ages and capabilities.

Join us today to connect with other people and take strides to reduce your risk of falls.

Plus Balance can help you:

- move with confidence
- increase your strength through tailored exercises
- take back control of your body and balance
- reduce the risk of falls
- enjoy better health and wellbeing.

Sign up today!

Call us: 1800 042 138

Email us: connect@msplus.org.au

FAQs

What is the structure of Plus Balance?

- **Initial Assessment**

1:1 appointment with a physiotherapist, where baseline measurements of strength, mobility and flexibility can be taken to ensure that you are allocated to the most suitable group.

- **6x 1 hour group classes**

You will attend a one-hour group class every week for six weeks. These include tailored exercises and education around mitigating falls risk from our qualified allied health professionals.

- **Final Assessment**

At the end of the six-week program, we'll assess how the classes have improved your overall health and wellbeing. If there is more we can do to help you improve, you may choose to continue on for a second round of Plus Balance classes or continue working with one of our exercise physiologists or physiotherapists.

How many people are in the class?

A maximum of six participants, to allow for a tailored approach.

Where are the classes run from?

Plus Balance classes will be held at the following locations:

New South Wales:

- Lidcombe Centre - 80 Betty Cuthbert Drive, Lidcombe

Victoria:

- The Nerve Centre - 54 Railway Road, Blackburn
- Nicholson Street Footscray (opening soon)

When does Plus Balance commence?

From April 2023, ongoing.

What is the cost of the program?

Funding	Cost	Total
NDIS	\$193.99 1:6 ratio = \$32.331	\$581.97
Private	\$165.00/hour assessments \$40/hour group sessions	\$570.00

How can I pay for Plus Balance?

You can use funding from your NDIS plan or Home Care package, or pay privately and claim a rebate from your private health insurer.

Why is it important to reduce the risk of falls with neurological conditions?

Because of muscle weakness, poor coordination, instability and other symptoms, people with neurological conditions may be at an increased risk for falls and injuries.

Injuries can sometimes worsen a neurological condition and have huge impacts on your overall quality of life.

Through the Plus Balance classes, our team of neuro experts can help you improve your strength and coordination to reduce the risk of falls.

We will support you with a tailored education and physical exercise plan that fits your capabilities, encourages you to move with confidence, and improve overall balance and mobility.
