



FAST is a new home-based research project to reduce falls in people who have had a stroke

Is this you?

- 50 years or over
- Had a stroke within the last five years
- Live in the community (own home, with family or in an independent living unit)
- Able to walk 10m across flat ground (with or without a walking aid)

What is FAST?

FAST – the **F**alls **A**fter **S**troke **T**rial is testing a novel at home exercise and safety training program. It aims to reduce your risk of falling and increase your ability to do daily life activities.

What we will provide

- You will receive a full assessment from a physiotherapist or occupational therapist.
- One group of people will get a new program by occupational therapists and physiotherapists over six months. This program will be tailored to your special needs and will support you to stay active. The other group will receive usual care from their own health practitioners.
- The study team will stay in contact with everyone for 12 months

About the Research Team

The FAST study is a collaboration between The University of Sydney, Macquarie University, Monash University and The University of Canberra. The study is led by Professor Lindy Clemson and Professor Catherine Dean.

How to find out more

Contact the FAST Melbourne site coordinator

Telephone: 0439 185 849

www.faststudy.com.au

**Registrations now open in
Sydney, Melbourne and Canberra**

