

Referral

Anyone can refer you to this service, by contacting the Community Rehabilitation Centre. Often the referral will be generated if you are seeing a health professional for other reasons.

Cost

You will be charged a small fee for your initial consult and assessment, however weekly participation within the group will be free of charge.

Program Organisers

Main facilitator: Physiotherapist

Contributors: Dietitian,
Occupational Therapist,
Podiatrist & Pharmacist.

Venue

Community Rehabilitation Centre

Swan Hill District Health

Mondays

1.30pm - 2.30pm

Or

1.30pm – 3.30pm with
provided education session

Protecting your privacy

Our staff are committed to respecting your confidentiality and preserving your privacy. We will keep your personal information secure and protected from unauthorised access or improper use, and we will only disclose information about you if it is authorised by you or mandated by law.

All our services comply with the relevant information and privacy legislation.

Falls & Balance Group



Falls & fall-related injuries are an important public health problem leading to increased physical disability, changes in living arrangements, and psychological trauma associated with the fear of falling.

For session enquiries
or bookings please contact the

Community Rehabilitation Centre

Corner of McCrae & Splatt St, Swan Hill

Phone: (03) 5033 9321 Fax: (03) 5033 9320

crc@shdh.org.au

www.shdh.org.au

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**Swan Hill
District Health**
my hospital

MISSION OF THIS PROGRAM

To provide education and support so as to increase participant's awareness of risk factors for sustaining falls and developing prevention strategies for falling. This program will identify those most at risk. Identify the risk factors contributing to the risk of falling and formulate an individual management plan for each resident.

INCLUSION:

Each participant should be able to walk for at least 10-20m without a rest, have no severe heart or respiratory disorders, be mentally alert and be able to follow instructions. If uncertain, please seek approval from your GP.

Goals

At the completion of the Falls and Balance Program the participant will:

- Have a greater knowledge and understanding of why falls occur to enable adjustment of lifestyle and promote a healthier life.
- Be able to demonstrate internal and external knowledge of management strategies for falls.

- Recognise risk factors and hazards and the need to reduce falls.
- Learn how to deal with the fear of falling

PROGRAM FORMAT:

Duration: Every week consists of a 60 minute exercise class, with a focus on improving balance through strength, flexibility, eye movements and co-ordination.

Five education sessions will be provided by an allied health discipline, as detailed below.

Length: The program runs for 10 weeks with an initial assessment and follow up assessment on completion with a physiotherapist. Starting date to be confirmed.
Individual assessments will be scheduled by appointment. Each participant will undergo an individual assessment by the physiotherapist and occupational therapist. This will take approximately 45 minutes, and will give a baseline for current level of activity.

Physiotherapist— Background and statistics on falls, fear of falling, Getting up off the floor after a fall.

Pharmacist— How medications can increase your risk of having a fall.

Occupational therapist— Hazards in the home & surrounding environment.

Podiatrist— Aids and equipment and footwear/foot care.

Dietician— Healthy eating.

Assessment and Reassessment conducted by physiotherapist prior to and following completion of the program.