

Why Falls Prevention?

30% of Adults over 65 years of age experience 1 or more falls per year.

Furthermore falls are the leading cause of injury related hospitalisation in those over 65 years of age (approximately 100,000 hospitalisations per year)

ONE FALL IS TOO MANY !

Vestibular Dysfunction

Vertigo and dizziness are common symptoms relating to dysfunction of the vestibular system in the inner ear, the prevalence is greater in those over the age of 65 years old and can contribute to an increased falls risk.

Swan Hill District Health is committed to providing the Swan Hill community with advice and assistance regarding maintaining health, including falls and injury prevention

If you have any concerns or would like any further information, please don't hesitate to ask a staff member or contact the Community Rehabilitation Centre

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Clinic

Address: Corner Splatt & McCrae Street, Swan Hill

Phone: (03) 50339321

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Falls and Balance Clinic

What Is The Falls & Balance Clinic

The Falls and Balance clinic is a service which offers assessment and management of:

- Falls
- Balance dysfunction
- Vestibular dysfunction

The clinic is run by a vestibular trained physiotherapist as well as an occupational therapist



What Does The Clinic Offer

The Falls & Balance Clinic offers a variety of services, including:

Assessment of:

- Individuals post fall
- Static and dynamic balance
- Vestibular dysfunction/vertigo

Management via:

- Education to clients and their families
- Participation in the Falls and Balance group
- 1:1 exercise
- Home exercise program
- Home safety and a home visit if required.
- Vestibular Rehabilitation
- Referral to other services

Who Can Attend

Referrals are accepted from:

- GP Clinics
- Health Professionals
- Hospital Services
- Community Services
- Case Managers
- Specialist Services
- Self Referrals

Cost

- \$10 Concession
- \$15 Non-Concession

Appointments

Clinic appointments are available on Monday and Tuesday at the Community Rehabilitation Centre at Swan Hill District Health