

Who Can Attend The Clinic

Referrals are accepted from:

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

Cost

- Fees apply for assessments and 1:1 appointments
- \$10 Concession
- \$15 Non-Concession

Appointments

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

Swan Hill District Health is committed to providing the Swan Hill community with advice and assistance about 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) 5033 9321

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Falls and Balance Clinic

What Is The Falls & Balance Clinic

The Falls and Balance clinic can offer a variety of services including:

Assessment of:

- Individuals at risk of or post fall
- Balance dysfunction
- Vestibular dysfunction/vertigo

Management via:

- Education to clients and their families
- Participation in the Falls and Balance group
- 1:1 exercise
- Home exercise program
- Vestibular Rehabilitation
- Referral to other services

Falls & Balance Group

Exercise and education program which runs for 10 weeks with an initial and follow up assessment on completion.

Every week consists of a 60 minute exercise class, with a focus on reducing falls and improving balance.

During the program education sessions are also provided by specific allied health disciplines including:

- Physiotherapy
- Occupational Therapy
- Dietetics
- Podiatry

You will be charged a small fee (\$10-\$15) for your initial assessment. Weekly participation within the group is free of charge.

1:1 Exercise

The Falls and Balance Clinic also offers 1:1 exercise with our allied health assistant or the clinic coordinator. Every session consists of a 30-45 minute exercise class with a focus on reducing falls and improving balance.

Vestibular Rehab

Vertigo and dizziness are common symptoms of vestibular dysfunction in the inner ear. The clinic offers a trained physiotherapist who can assist with assessing and managing dysfunction of the vestibular system.

