

Who Can Attend The Clinic

Referrals are accepted from:

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

Cost

A small \$10 fee may be charged for your appointment.

(No charge for DVA, Aboriginal or Torres Strait Islanders, Children under 18yrs)

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: 58 McCrae Street, Swan Hill

Phone: (03) 5033 9321

Fax: 5033 9320

Email: crc@shdh.org.au

Web: www.shdh.org.au



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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
- Home Assessment—assessing function, safety and identifying potential falls risks
- Home exercise program
- Vestibular Rehabilitation
- Offer onward referrals to the Falls and Balance Rehabilitation group, 1:1 exercise therapy blocks and other relevant 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.

The first 5 weeks are followed by a 30 min educational talks with specific allied health disciplines including:

- Physiotherapy
- Occupational Therapy
- Dietetics
- Podiatry
- Pharmacy

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 30-60 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 specialist clinic offers a trained clinician who can assist with assessing and managing dysfunction of the vestibular system.

