

## Who Can Attend The Clinic

Referrals are accepted from:

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

## Cost

This service is free of charge.

## Appointments

Clinic appointments are available on Monday and Tuesday (days may vary) 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

**Email:** [crc@shdh.org.au](mailto:crc@shdh.org.au)

**Web:** [www.shdh.org.au](http://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 8 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 4 weeks are followed by a 30 min educational talks with specific allied health disciplines including:

- Physiotherapy
- Occupational Therapy
- Dietetics
- Podiatry

## 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.

