

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.



**Scan here to
self-refer**

Cost

This service is free of charge.

Program Organisers

Main facilitator: Exercise Physiologist

Contributors: Dietitian,
Occupational Therapist &
Podiatrist.

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: 58 McCrae Street, Swan Hill

Phone: (03) 50339321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Falls and Balance Group

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 participant.

INCLUSION

No severe cardiac or respiratory disorders, be mentally alert and be able to follow instructions. If uncertain, please seek approval from your GP.

GOALS OF THE GROUP

- 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 8 weeks with an initial assessment and follow up assessment on completion with an Exercise Physiologist. Starting date to be confirmed.

Individual assessments will be scheduled by appointment. Each participant will undergo an individual assessment by the physiotherapist or Exercise Physiologist. This will take approximately 60 minutes, and will give a baseline for your current level of activity.

EDUCATION SESSIONS

During the initial 4 weeks of the program an educational session is provided by various members of the multidisciplinary team, this includes:

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

Occupational Therapist— Aids and equipment. Hazards in the home & surrounding environment.

Podiatrist— Footwear/foot care.

Dietician— Healthy eating.