Referral guide to falls prevention services

**Triggers for referral:**
- Recent hospital admission, Emergency Department presentation, or SA Ambulance Service callout for a fall
- Client reports having had a fall, trip, or slip (with or without injury)
- Client appears unsteady
- Assessment reveals:
  - balance decline (include early decline)
  - risk factors for falls
  - increased likelihood of injury in the event of a fall

**Falls and injury risk level**

- **The patient’s risk factors are few and simple.**
  - For example strength problems or unsafe bathroom set up.

- **The patient has multiple risk factors.**
  - For example reduced balance, foot care and home safety issues.

- **For patients who are at high risk of falling and have a complex medical picture.**
  - For example dizziness, polypharmacy, cognitive impairment and further tests/investigations.

**Depending on needs, consider referral to:**
- **Strength for Life**
  - Fitness and balance program
- **Private provider** (physiotherapist, OT or podiatrist) using private health cover, DVA or Medicare TCA / GPMP
- **CPAA** or exercise physiologist

**Refer to or intensify existing services at:**
- Local **Day Therapy Centre**
- Mobile older person team
- Domiciliary Care
- DVA for a HomeFront assessment
- Care packages
- Other relevant services

**Refer to:**
- Nearest **Falls Assessment Clinic** which is a geriatrician-led multidisciplinary service (click here for more information)
- Refer the client directly to a geriatrician (GP referral required)

**Not sure?**

Phone 1300 0 FALLS (1300 0 32557) to speak with a member of the falls teams.