

# Central Adelaide Local Health Networks

## 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
- 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.**