

Falls Prevention Service Directory



Central Adelaide Local Health Network
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Government
of South Australia

SA Health

Welcome to the fifth edition for the Central Adelaide Local Health Network.

The Falls Prevention Service Directory has become a must-have resource for health professionals working with older adults who are at risk of falls. Linking individuals to the right services is easier with maps, common referral forms, clear criteria for referral, a decision making tool and alphabetic listings.

Central Adelaide Local Health Network primary health services

The Central Adelaide Local Health Network (CALHN) provides care for around 420,000 people living in the central metropolitan area of Adelaide as well as providing a number of state-wide services, and services to those in regional areas. More than 3,000 skilled staff provide high quality client care, education, research and health promoting services.

The Central Adelaide Local Health Network (CALHN) provides a range of acute and sub acute health services for people of all ages and covers 19 Statistical Local Areas and 10 Local Government Areas and includes the following:

- > Royal Adelaide Hospital
- > The Queen Elizabeth Hospital
- > Hampstead Rehabilitation Centre
- > St Margaret's Rehabilitation Hospital
- > Ambulatory and Primary Health Care (including Super Clinics)
- > Sub-Acute
- > Mental Health Services (under the governance of the Adelaide Metro Mental Health Directorate)

We are working hard to build a healthy future for South Australia by striving towards our three strategic goals of better health, better care and better services.

What is 'falls prevention'?

Falls represent a common and significant problem, especially in our elderly population. Approximately 30% of community-dwelling older persons fall in Australia each year, resulting in significant mortality and morbidity, as well as increased fear of falling and restriction in physical activity.

The Central Adelaide Local Health Network Falls Prevention Program

Working towards better care, the Central Adelaide Local Health Network Falls Prevention Team was established to provide best practice falls prevention services to our consumers. This includes the development of this service directory for health care professionals within our Local Health Network, helping to streamline the referral process for our consumers.

In line with our goal of better care, the Central Adelaide Local Health Network Falls Prevention Team currently operates two falls assessment clinics and offer a triage and care coordination service for vulnerable fallers. The team coordinates a large active falls prevention network for health professionals with a special interest in this important area.

By improving equity in access to health services, through the development and enhancement of partnerships with other services, we can ensure the care we offer is appropriate, timely and suitable to meet the needs of our consumers. The Falls Prevention Program is one service that is leading the way in achieving this goal.



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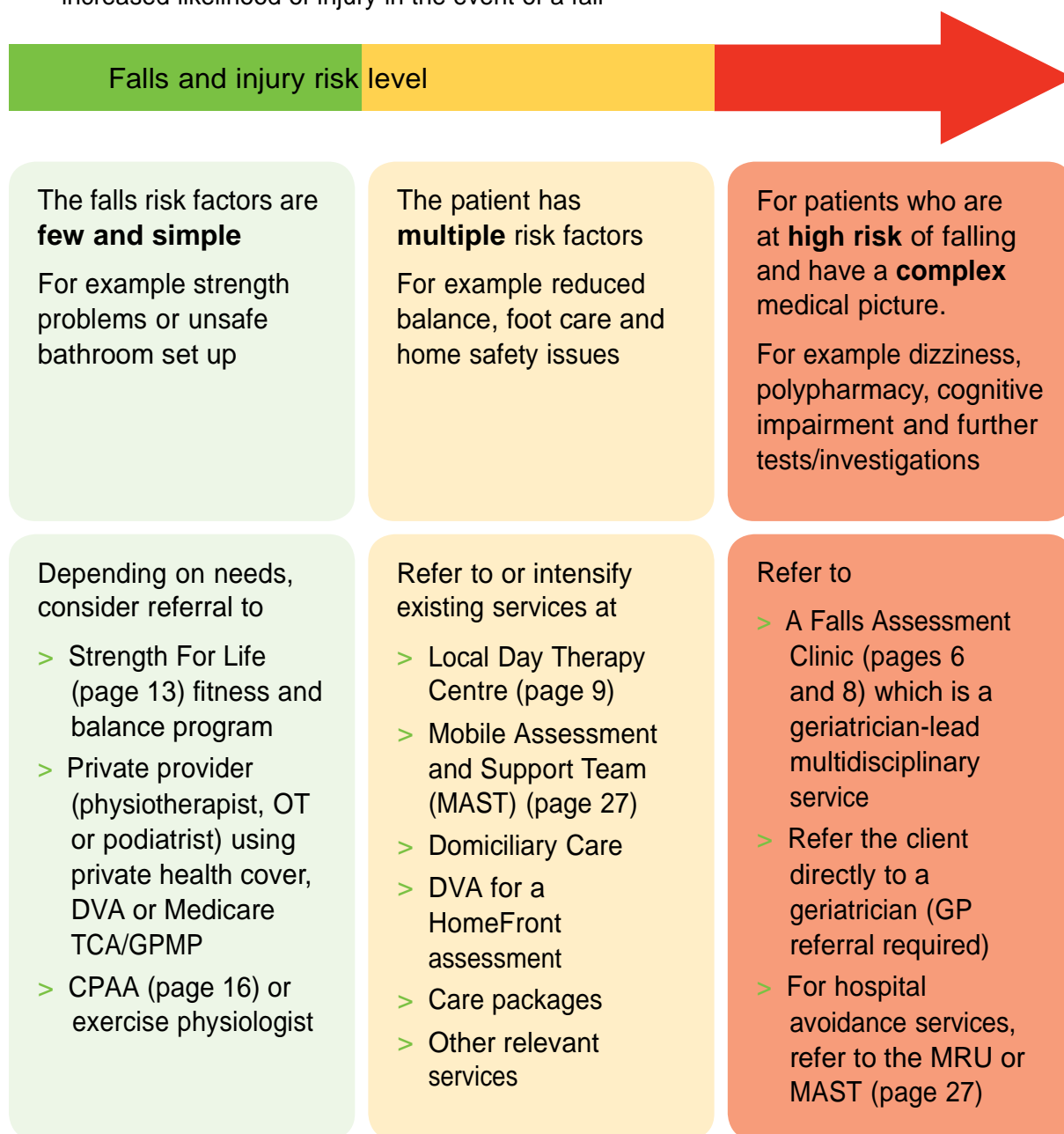
Disclaimer

This directory has been prepared by the Central Adelaide Local Health Networks Falls Prevention Teams for information purposes. The Falls Prevention Teams assume no responsibility for the information provided by any of these service providers, and disclaim all the liability in respect of such information.

Referral guide to falls prevention services

Triggers for referral

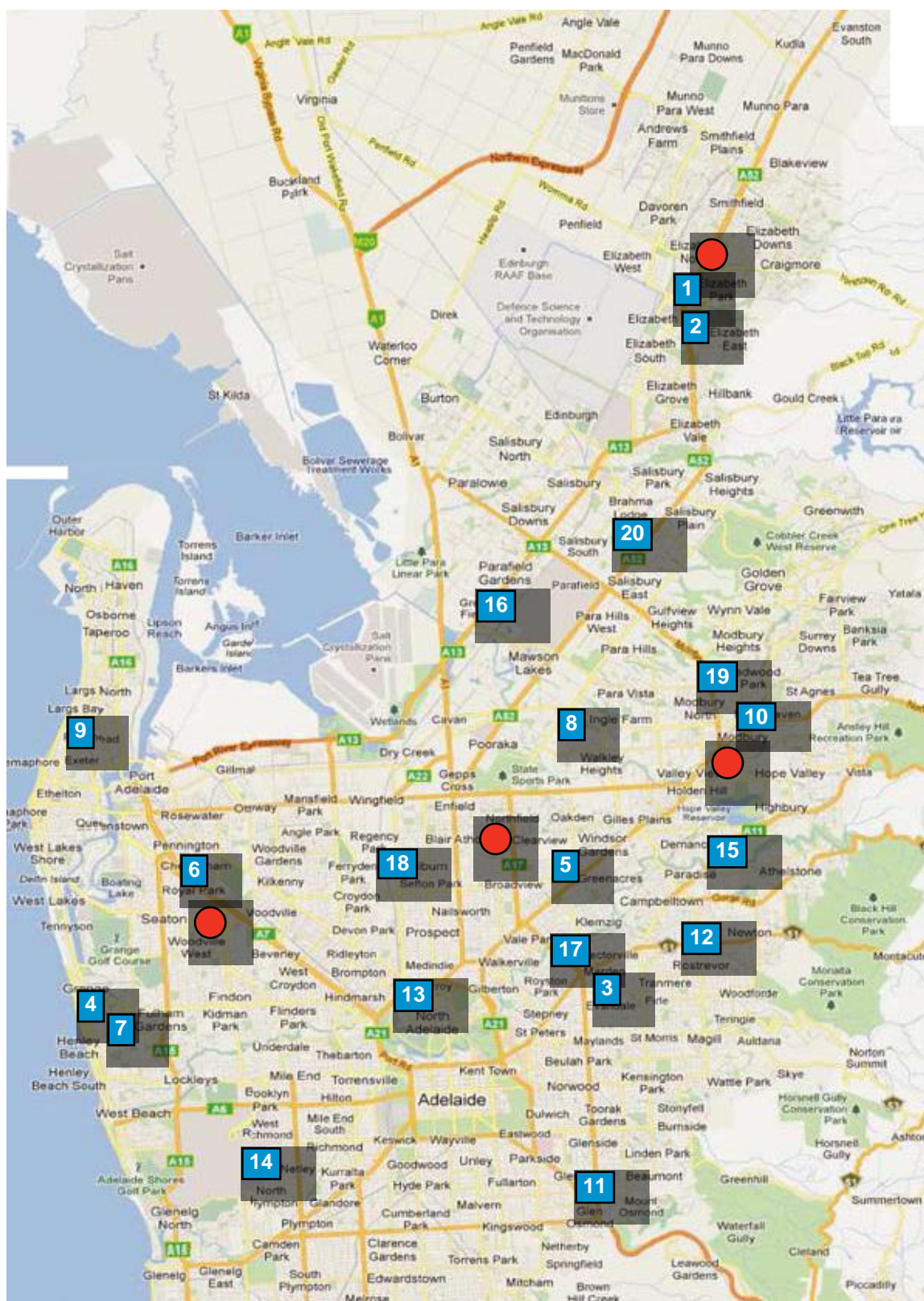
- > Recent hospital admission, ED presentation or SAAS callout for a fall
- > Client reports having had a fall, trip or slip (with or without injury)
- > Client appears unsteady
- > Assessment reveals:
 - balance decline (include early decline)
 - risk factors for falls
 - increased likelihood of injury in the event of a fall



Not sure?

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

Falls service map



■ Day Therapy Centre ● Falls Clinics

Falls assessment clinics

Region	Address	Phone	Fax
Central	Day Rehabilitation Centre 207-255 Hampstead Road Northfield SA 5085	1300 0 FALLS (1300 0 32557)	1300 467 567
Western	The Queen Elizabeth Hospital 28 Woodville Road Woodville South SA 5011		
Northern	GP Plus Health Care Centre 16 Playford Boulevard Elizabeth SA 5112		
North Eastern	GP Plus Super Clinic 77 Smart Road Modbury SA 5092		

What is a falls assessment clinic?

Falls assessment clinics provide specialised multidisciplinary assessments and management of older individuals living in the community who suffer complex falls related presentation. The service includes assessment by a geriatrician, physiotherapist, occupational therapist and nurse.

Cost

This is a free service.

Criteria for eligibility

- > Lives in either the Central or Northern Adelaide Local Health Network
- > Client consents to referral
- > Aged 65 or older
- > Aboriginal and Torres Strait Islander aged 45 or older
- > Multiple co-morbidities
- > Has not had recent review by geriatrician or multidisciplinary team
- > Does not have an acute fracture or acute illness (is medically stable)
- > Has had two or more falls in the past 12 months or has had one fall with serious injury in the past 12 months

Note: permanent residents of high level care are not eligible for this service

How do I refer to a falls clinic?

To refer to a falls clinic, use the Central and Northern Adelaide Local Health Networks Falls assessment clinic referral form in page 7.

Central and Northern Adelaide Local Health Networks

Falls Assessment Clinic referral form



Government of South Australia
SA Health

To Falls Assessment Clinic	Fax No 1300 467 567
From	No of pages (including this page and medical summary)
Organisation	Designation
Date	Contact phone

☐ Confidential ☐ Urgent

Patient details (please print clearly)	GP details (please print clearly)
Name	Name
Street	Practice name
Suburb	Street
Phone number	Suburb
Date of birth	Phone number
Contact person	Fax number

Interpreter required ☐ No ☐ Yes Language

Criteria for eligibility (please tick)

- ☐ Lives in either the Central or Northern Adelaide Local Health Network
- ☐ Client consents to referral
- ☐ Aged 65 or older
- ☐ Aboriginal and Torres Strait Islander aged 45 or older
- ☐ Multiple co-morbidities
- ☐ Has not had recent review by geriatrician or multidisciplinary team
- ☐ Does not have an acute fracture or acute illness (is medically stable)
- ☐ Has had two or more falls in the past 12 months or has had one fall with serious injury in the past 12 months

Locations

Central Clinic
Day Rehabilitation Centre
Hampstead Centre
207–255 Hampstead Road
Northfield SA 5085

Western Clinic
Outpatient Clinic
The Queen Elizabeth Hospital
28 Woodville Road
Woodville SA 5011

Northern Clinic
GP Plus Health Care Centre
16 Playford Boulevard
Elizabeth SA 5112

North Eastern Clinic
GP Plus Super Clinic
77 Smart Road
Modbury SA 5092

Note: Permanent residents of high level care are not eligible for this service

Is the client receiving other community services?	<input type="checkbox"/> Community package – provider: _____
<input type="checkbox"/> No <input type="checkbox"/> Yes (specify)	<input type="checkbox"/> Dom. Care <input type="checkbox"/> DVA Gold/White Card
	<input type="checkbox"/> Private <input type="checkbox"/> Disability SA <input type="checkbox"/> Other: _____

Reason for referral

Please attach PMHx, current medications and other relevant information, including alerts
(processing may be delayed if sufficient information not provided)

Information contained in this referral form may be private and also may be the subject of legal professional privilege or public interest. If you are not the intended recipient, any use, disclosure or copying of this document is unauthorised. If you have received this document in error, please telephone 1300 0 FALLS (1300 0 32557).

Other falls assessment options

Confident Steps Reconditioning Falls Program, Calvary Rehabilitation Hospital	Low Vision Falls Prevention Clinic, Guide Dogs SA.NT
<p>What is it?</p> <p>This program offers multidisciplinary assessment and management of older individuals living in the community. A home visit can be undertaken if required.</p> <p>This service offers assessment by a geriatrician, physiotherapist and an occupational therapist.</p> <p>Following assessment, clients may be suited to a seven week goal-oriented program which includes exercise and education.</p>	<p>What is it?</p> <p>A comprehensive vision assessment is provided by an orthoptist and an occupational therapist in the context of falls prevention.</p> <p>Recommendations are made for home modifications, equipment, aids and practical strategies to maximise use of residual vision and minimise falls risk. Referrals to relevant services may include physiotherapy, orientation and mobility instructors, exercise programs, case management, optometry or ophthalmology.</p>
<p>Cost</p> <p>This service is generally covered by private health insurance or DVA funding, confirmed individually prior to booking.</p>	<p>Cost</p> <p>This is a free service.</p>
<p>Who is eligible?</p> <p>Falls clinics are suited to individuals:</p> <ul style="list-style-type: none"> > who present with multiple co-morbidities, leading to a higher falls risk, or > who report two or more falls in the past year and > who do not have an acute fracture or acute illness (is medically stable). 	<p>Who is eligible?</p> <p>This specialised clinic is suited to people living in the community with vision loss that is impacting on functional tasks and appears to be their main concern regarding falls risk.</p>
<p>How do I refer to this service?</p> <p>A referral from a medical practitioner is required.</p> <p>To obtain a copy of the referral form or more information contact:</p> <p>Calvary Rehabilitation Hospital</p> <p>18 North East Road Walkerville, SA 5081</p> <p>Tel: (08) 82691450 Fax: (08) 82691453</p> <p>www.calvaryrehabsa.org.au</p>	<p>How do I refer to this service?</p> <p>Referrals can be made by a health professional or members of the public.</p> <p>To book an appointment contact:</p> <p>Guide Dogs SA.NT</p> <p>251 Morphett Street Adelaide, SA 5000</p> <p>Tel: (08) 8203 8333 Fax: (08) 8203 8332</p> <p>www.guidedogs.org.au</p>

Day therapy centres

What are day therapy centres (DTCs)?

DTCs are Commonwealth-funded facilities that provide services such as physiotherapy, occupational therapy, speech therapy, social work and podiatry to aged people who are living in the community. Services vary at each site.

DTCs aim to provide:

- > rehabilitation
- > maintenance of function, independence, maximise skills and coping
- > prevention through health promotion and information.

DTCs no longer offer full day programs, respite, meals, equipment and social activities.

Cost

Clients are required to pay a small negotiated fee. There are weekly caps on the amount that can be charged when multiple services are accessed. Most DTCs do not provide transport.

Who is eligible?

Day therapy centres are suited to individuals who are:

- > over 60 years of age (Aboriginal and Torres Strait Islander peoples over 45 years of age) – some exceptions to this are possible
- > living in the community or low level care
- > mobile in a wheelchair over a short distance or may require light assistance to walk
- > able to manage personal care, may need light assistance or aids for transfers on/off toilet
- > frail, in functional decline or have lost skills or confidence
- > at risk of falling, due to a previous fall, poor balance, unsafe home environment or painful feet.
- > learning to manage a chronic condition, including evaluating their ability to self-manage
- > experiencing changes or losses in cognitive, psychological or social abilities/needs.

How do I refer to a DTC?

To refer to a day therapy centre use the Central and Northern Adelaide Local Health Networks day therapy centre referral form on page 10.

Central and Northern Adelaide Local Health Networks

Day therapy centre referral form



Government of South Australia
SA Health

To the coordinator of Fax

Patient details

Name Interpreter required ☐ Yes ☐ No
 Address Language
 Date of birth Aboriginal or Torres Strait Islander ☐ Yes ☐ No
 Phone Please tick: ☐ Private health ☐ DVA
 Contact person ☐ Dom Care client ☐ Pensioner
 Phone Medicare no

Past medical history

Current medications

Reason for referral

Patient consent

☐ Yes ☐ No Consent to health professionals visiting me in my own home.
☐ Yes ☐ No Consent to my referrer providing my medical history to health professionals and community service providers.
☐ Verbal consent or ☐ Signature Date

Services requested (refer to map overleaf, not all services are available)

1:1 Services

☐ Dietitian^{1,5}
☐ Podiatry^{1,2,4-7,9-15,17-20}
☐ Social work^{12,15,18}
☐ Physiotherapy^{1-3,5-20}
☐ Continence Mx^{1,5,15}
☐ Home rehabilitation¹⁹

☐ Speech pathology^{1,6,15}
☐ Home assessment^{1,2,4-9,11-16,18,20}
☐ Aquatic physiotherapy^{3,5,6,9-12,14-16,18}
☐ Occupational therapy^{1,2,4-9,11-16,18,20}

Group Programs:

☐ Falls and balance^{1-3,5-7,9-12,14,15,17,18,20}
☐ Arthritis groups^{1,6,9,11,14}
☐ Parkinson's groups^{1,7,15,17}
☐ Chronic condition Mx^{1,7,9,11,14,15,17}
☐ Pulmonary Rehab^{1,9,11,14}
☐ Communication¹⁵

☐ Art therapy¹⁸
☐ Walking¹⁸
☐ Osteoporosis^{9,11,14}
☐ Pilates^{7,17}
☐ Stroke self Mx^{1,3,15}
☐ Tai Chi^{1,3,5,7,9,11,14,17,18}
☐ Group Ex classes^{1-3,5-9,11,12,14,15,17,18}

Are there any precautions or limitations that should be avoided? ☐ Yes ☐ No

Client suitable to participate in a group exercise program? ☐ Yes ☐ No

Referring person

Name.....
 Agency/relationship
 Address
 Contact number

General practitioner details

Name.....
 Address
 Contact number
 Provider number
 Medical clearance obtained ☐ Yes ☐ No
 Date Sign

Date Sign

Day therapy centres

Suburb	Organisation/Street	Phone	Facsimile
1. Elizabeth	Resthaven, 16 Gillingham Rd, 5112	8252 6811	8252 6822
2. Elizabeth	Anglicare, Unit 3/25 Philip Highway, 5112	8287 8400	8287 8455
3. Glynde	LHI Retirement Services, 24 Avenue Rd, 5070	8336 0111	8365 6351
4. Grange	Anglicare, St Laurences Court, 56 High St, 5022	8305 9510	8305 9595
5. Greenacres	ECH, 1/1 Rellum Rd, 5086	8369 3393	8261 0059
6. Hendon	Acacia Court, 81 Tapleys Hill Rd, 5014	8243 1844	8243 0430
7. Henley Beach	ECH, 168A Cudmore Tce, 5022	8356 3169	8356 7014
8. Ingle Farm	Helping Hand, Healthy Ageing Shackleton Ave, 5098	8285 0999	8285 1744
9. Largs Bay	Southern Cross Care, Philip Kennedy Rehabilitation Services, 477-479 Military Rd, 5016	8242 2985	8249 9617
10. Modbury	Salvation Army HealthLink, 138 Reservoir Rd, 5092	8264 8300	8264 0133
11. Myrtle Bank	Southern Cross Care, Lourdes Valley Rehabilitation Services, 18 Cross Rd, 5064	8433 0475	8338 6790
12. Newton	ACH, 163 Montacute Rd, 5074	8360 9433	8365 7926
13. North Adelaide	Helping Hand, Healthy Ageing 49 Buxton St, 5006	8285 0999	8285 1744
14. North Plympton	Southern Cross Care, The Pines Rehabilitation Services, 336 Marion Rd, 5037	8179 6825	8297 7615
15. Paradise	Resthaven, 61 Silkes Rd, 5075	8337 4371	8336 9952
16. Parafield Gardens	Helping Hand, Healthy Ageing, 437 Salisbury Highway, 5107	8285 0999	8285 1744
17. Payneham	Life Care Active, 230 Portrush Rd, 5070	8168 7600	8336 2788
18. Prospect	Uniting Communities, 332 Regency Rd, 5082	8202 5900	8342 3398
19. Ridgehaven	Masonic Homes, 33 Golden Grove Rd, 5092	8375 1525 8219 8257	8375 1515
20. Salisbury	Helping Hand, Healthy Ageing 34 Commercial Rd, 5108	8285 0999	8285 1744



Strength for Life

What is the Strength for Life Program?

Developed by COTA Seniors Voice and running at multiple gyms and community centres across Central and Northern Adelaide Local Health Networks, the program provides:

- > progressive strength training sessions, supervised by a qualified fitness instructor
- > minimum of two sessions per week
- > assessments for all clients by an appropriate fitness professional (in some cases an exercise physiologist) and a personalised program
- > an opportunity for participants to socialise before and after exercise sessions

Cost

Small fees do apply, please contact your local Strength for Life instructor for costs.

Who is eligible?

Individuals over 50 years of age who are independent with mobility and transfers.

How do I refer?

Allied health or GPs can refer to the program by completing the referral form on page 14. This referral form also lists all the current providers. Clients can contact the chosen fitness provider to start their program. Please note that transport is not provided.

For more information, contact COTA Seniors Voice on 8232 0422.

COTA Seniors Voice

16 Hutt Street

Adelaide, SA 5001

Telephone: (08) 8232 0422

Facsimile: (08) 8232 0433

Email: seniorsvoice@seniorsvoice.org.au

Web: www.cotasa.org.au



Strength for Life 50+ referral form

1. Allied health or medical practitioner to complete referral form
2. Choose a location of SFL program (see overleaf)
3. Give referral form to client to book an appointment at the chosen location

Client details (please print clearly)		
Name		Date of birth
Street		Phone number (1)
Suburb	Post code	Phone number (2)

Goals for participating in the program are:

- | | | |
|--|---|---|
| <input type="checkbox"/> Improving balance | <input type="checkbox"/> Increasing fitness | <input type="checkbox"/> Increasing flexibility |
| <input type="checkbox"/> Increasing social contact | <input type="checkbox"/> Preventing health problems | <input type="checkbox"/> Increasing strength |

Does the client have any of the following health conditions?

- | | | |
|---|--|--|
| <input type="checkbox"/> Respiratory conditions | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Back problems |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Arthritis | <input type="checkbox"/> Joint replacement |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Neurological conditions | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Other |

Are there any precautions for participating in a Strength for Life program?

Recommended strength training/balance/stretching:

Current medication? If yes, please list those that may affect the client while exercising

- | | | |
|--|--|--|
| <input type="checkbox"/> Beta-blockers | <input type="checkbox"/> COPD medication | <input type="checkbox"/> Angina medication |
| <input type="checkbox"/> Other: | | |

Referral details (please print clearly)	
Name	Phone number
Organisation	
Address	

General practitioner (if different from referrer. Please print clearly)	
Name	Phone number
Organisation	
Address	

I understand that, prior to commencing, my client will be prescribed a strength training program, based on the health information provided.

Signature Date

Strength for Life locations

Suburb	Organisation/ Street	Phone
Brahma Lodge	@ Studio 38, 38 Mortess St, 5109	0413 992 841
Burnside	Goodlife Health Club, 539 Greenhill Rd, 5066	8364 2933
Dulwich	City of Burnside, Dulwich Community Centre, 14 Union St, 5065	8366 4166
Enfield	Fit Life Health and Fitness Centre, 42 Warwick St, 5085	8262 1925
Enfield	Enfield Community Centre, 540 Regency Rd, 5085	8342 9168
Evanston Park	Starplex Gawler, Alexander Ave, 5116	8522 0622
Fairview Park	Benefitness and Health Centre, 341 Hancock Rd, 5126	8251 3011
Holden Hill	Fitness First, 9/560 North East Rd, 5088	8266 2200
Hope Valley	City Of Tea Tree Gully, Barracks Road Community Facility, Barracks Rd, 5090	8397 7442
Hope Valley	Highercombe Facility (ACH), 7-11 Sirius Ave, 5090	0417 898 487
Hope Valley	LHI Retirement Services, 1217 Grand Junction Rd	8265 8000
Ingle Farm	Funlife Fitness Centre, 11 Roopena St, 5098	8264 3918
Kidman Park	Pro Health Care, 380 Grange Rd, 5025	8356 2299
Kidman Park	Viva Fitness, 3 Keele Pl, 5025	8353 5533
Klemzig	Klemzig Fitness, 226 North East Rd, 5087	8369 0313
Modbury	Goodlife Health Club, 97 Smart Rd, 5092	8396 7333
Modbury North	Changes Health and Fitness Centre, 239 Milne Rd, 5092	8263 6099
Munno Para	City of Playford, Curtis Road Facility, Uni Health, Cnr Curtis and Peachy Rd, 5115	0488 135 783
Newton	Health Services East (ACH), 163 Montacute Rd, 5074	8360 9430
North Adelaide	Adelaide Aquatic Centre, Jeffcott Rd, 5006	8342 7318
Osborne	LeFevre Community Centre, 541 Victoria Rd, 5017	8248 1828
Parafield Gardens	Parafield Gardens Recreation Centre, Cnr Kings and Martins Rd, 5107	8281 4888
Rostrevor	Milpara Facility (ACH), 147 St Bernards Rd, 5073	8366 8000
Royal Park	Goodlife Health Club, 1202 Old Port Rd, 5014	8241 0444
Salisbury East	The Lodge Health and Wellness Centre, 1587 Main North Rd, 5109	8258 9066
Smithfield Plains	City Of Playford, John McVeity Centre, 182 Peachey Rd, 5114	0488 135 783
Virginia	City Of Playford, Virginia Institute, Old Pt Wakefield Rd, 5120	8256 0333
Walkerville	Inner North East Adelaide YMCA, 39 Smith St, 5081	8344 3811
Woodville	CASA Leisure, Health and Fitness @ St Clair, 109 Woodville Rd, 5011	8445 8344

Centre for Physical Activity in Ageing

What is the Centre for Physical Activity in Ageing (CPAA)?

Established in 1981, the aim of the Centre for Physical Activity in Ageing (CPAA) is to contribute to the quality of life of individuals through the provision of specialised physical rehabilitation, health promotion, scientific research and educational programs.

Located at the Hampstead Rehabilitation Centre in Northfield, the CPAA provides a variety of programs supervised by exercise physiologists. An exercise physiologist will provide an assessment of all new clients and will then advise on the most appropriate exercise option.

Cost

Small fees do apply, please contact CPAA for costs. Programs include:

- > general exercise
- > circuit exercise
- > water exercise
- > chronic disease management
- > exercise rehabilitation (hydrotherapy, gym or home-based exercise)
- > better balance.

This service is suitable for clients who are at risk of falling or have fallen in the past. It consists of aerobic, strengthening and balance exercises. Program structures are dependent on the individual needs of each client and are supervised by an exercise physiologist. Home exercise programs are also provided to encourage participants to be active at home as well as in the gym.

Who is eligible?

Individuals over the age of 18.

How do I refer to the CPAA?

GPs can refer to the CPAA by completing the referral form on page 17. Please note that transport is not provided.

For more information, contact

Centre for Physical Activity in Ageing

207-255 Hampstead Road

Northfield SA 5058

Telephone: (08) 8222 1891

Facsimile: (08) 8222 1828

Email: cpaa@hampstead.rah.sa.gov.au

Webside: www.cpaa.sa.gov.au

CPAA enrolment form and medical report



Government of South Australia
SA Health

1. Please print all details
2. Please book a double appointment to allow your doctor time to complete this form

Fax to 8222 1828

Surname:	Today's date:	
Given name:	Date of birth:	
Telephone:	Male	Female
Address:	Post code:	
Marital status:	Email:	

Person to be notified in case of an emergency

Surname:	Telephone:
Given name:	Relationship:

Medical history (Doctor to complete)

<input type="checkbox"/> Diabetes	Year of onset (approx) _____	<input type="checkbox"/> Parkinson's disease	Year of onset or event (approx) _____
<input type="checkbox"/> High cholesterol	_____	<input type="checkbox"/> Epilepsy	_____
<input type="checkbox"/> High blood pressure	_____	<input type="checkbox"/> Respiratory disease	_____
<input type="checkbox"/> Angina (chest pain)	_____	<input type="checkbox"/> Falls in the last three months (how many?) _____	
<input type="checkbox"/> Cardiac rhythm disturbance	_____	Type: _____	
<input type="checkbox"/> Heart failure	_____	EF: _____	
<input type="checkbox"/> Heart attack	_____	Site/s: _____	
<input type="checkbox"/> Stroke	_____	Residual effects: _____	
<input type="checkbox"/> Cancer	_____	Type: _____	
<input type="checkbox"/> Cognitive disorder	_____	Type: _____	
<input type="checkbox"/> Uncorrected visual problem	_____	Type: _____	
<input type="checkbox"/> Hearing impairment	_____	Type: _____	
<input type="checkbox"/> Mental health condition	_____	Describe: _____	
<input type="checkbox"/> Arthritis	_____	Site/s: _____	
<input type="checkbox"/> Osteoporosis	_____		
<input type="checkbox"/> Fracture	_____	Sites/type: _____	
<input type="checkbox"/> Joint replacement	_____	Site/s: _____	
<input type="checkbox"/> Current musculoskeletal injury	_____	Sites/type: _____	
<input type="checkbox"/> Chronic pain (history)	_____	Severity/frequency: _____	

Other medical history (not outlined above)

<input type="checkbox"/> MRSA	<input type="checkbox"/> VRE	Comment: _____
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Clinical assessment (doctor to complete)

Pulse	Rate	_____	Rhythm	_____
Blood pressure	Sitting	_____	Standing	_____
Auscultation	Breath sounds	_____		
	Heart sounds	_____		
	Murmurs	_____		

Medications (please provide a printout if possible, or print neatly)

Name	Dosage	Frequency	Name	Dosage	Frequency
------	--------	-----------	------	--------	-----------

I consider my client can safely participate in a supervised, progressive physical activity program ☐ Yes ☐ No

I consider a progressive physical activity program is necessary to aid in the treatment of:

Doctor's signature	Date
Name	Telephone
Address	
Service provider number	

Office use only: circle new update return to class

Councils

Councils may offer information about support services for people over 50 years relating to falls prevention activities (such as sporting and recreational options, home assist services – including some home modifications) and links to community centre activities.

Council	Address	Phone	Fax
Adelaide City Council www.adelaidecitycouncil.com	25 Pirie St Adelaide 5000	(08) 8203 7203	(08) 8203 7575
Burnside City Council www.burnside.sa.gov.au	401 Greenhill Rd Tusmore 5065	(08) 8366 4200	(08) 8366 4299
Campbelltown City Council www.campbelltown.sa.gov.au	172 Montacute Rd Rostrevor 5073	(08) 8366 9222	(08) 8337 3818
Charles Sturt Council www.charlessturt.sa.gov.au	72 Woodville Rd Woodville 5011	(08) 8408 1111	(08) 8408 1122
Port Adelaide Enfield City Council www.portenf.sa.gov.au	163 St Vincent St Port Adelaide 5015	(08) 8405 6600	(08) 8405 6666
City of Playford www.playford.sa.gov.au	12 Bishopstone Rd Davoren Park 5113	(08) 8256 0333	(08) 8256 0578
Prospect City Council www.prospect.sa.gov.au	128 Prospect Rd Prospect 5082	(08) 8269 5355	(08) 8269 5834
Salisbury City Council www.salisbury.sa.gov.au	12 James St Salisbury 5108	(08) 8406 8222	(08) 8281 5466
Tea Tree Gully City Council www.teatreegully.sa.gov.au	571 Montague Rd Modbury 5092	(08) 8397 7444	(08) 8397 7400
The City of Norwood, Payneham and St Peters www.npsp.sa.gov.au	175 The Parade Norwood 5067	(08) 8366 4555	(08) 8332 6338
Unley City Council www.unley.sa.gov.au	181 Unley Rd Unley 5061	(08) 8372 5111	(08) 8271 4886
Walkerville Town Council www.walkerville.sa.gov.au	66 Walkerville Tce Gilberton 5081	(08) 8342 7100	(08) 8269 7820
West Torrens City Council www.wtcc.sa.gov.au	165 Sir Donald Bradman Drive, Hilton 5033	(08) 8416 6333	(08) 8443 5709



Private hospital day therapy options

Memorial Hospital Day Rehabilitation Unit	Calvary Rehabilitation Hospital
Who is eligible? <p>Outpatients, previous inpatients, DVA, workcover, and third party are all eligible.</p> <p>The full cost of rehabilitation is usually covered by the private health fund, DVA, WorkCover and third party.</p>	Who is eligible? <p>Clients requiring input from at least two disciplines.</p> <p>The full cost of rehabilitation is usually covered by the private health fund, DVA, WorkCover and third party. Excess or co-payment may apply, depending on patient's insurance cover.</p>
What services are offered? <ul style="list-style-type: none"> > Hydrotherapy > Physiotherapy > Occupational therapy > Speech therapy > Dietetics 	What services are offered? <ul style="list-style-type: none"> > Aquatic physiotherapy > Dietetics > Occupational therapy > Physiotherapy > Speech pathology > Psychology > Group programs for cardiac and pulmonary rehabilitation
How do I refer to this service? <p>A doctor's referral is required. Doctors can refer by ringing (08) 8366 3419</p>	How do I refer to this service? <p>A doctor's referral is required with certain programs, or self referral is possible with extras cover. Referrals can be made by ringing (08) 8168 5700</p>
For further information contact <p>Sir Edwin Smith Avenue North Adelaide, SA, 5006 Ph: (08) 8366 3419 Fax: (08) 8366 3466 www.thememorialhospital.org.au</p>	For further information contact <p>18 North East Rd, Walkerville, SA, 5081 Ph: (08) 8168 5700 Fax: (08) 8344 1430 www.calvaryrehabsa.org.au</p>

Department of Veterans' Affairs HomeFront program

What is the Department of Veterans' Affairs (DVA) HomeFront program?

Eligible veterans are entitled to a free annual HomeFront assessment, usually by a qualified occupational therapist, who will identify fall and accident hazards in and around the home. Following the home assessment, and with the veteran's consent, recommended safety modifications can be made in the home by qualified tradespeople. The assessor will also provide information concerning other community and government services that may be of assistance. However, HomeFront does not provide assistance with garden maintenance, car services, or any aspect of home security.

Cost

DVA contributes a subsidy of \$211 (indexed annually) once every calendar year toward the cost of minor house modifications recommended by the HomeFront assessor. Once the subsidy has been reached the veteran is then required to pay the difference in cost.

Who is eligible?

All Department of Veterans' Affairs Gold and White card holders are eligible.

How do I refer to the DVA HomeFront Program?

Gold and White Card holders are invited to call 1800 801 945 to arrange a free HomeFront assessment.

For more information, contact the DVA HomeFront line on 1800 801 945, or contact the DVA on 13 32 54 or 1800 555 254, or visit the website at www.dva.gov.au

Department of Veterans' Affairs
Veterans' Affairs Network Office
Blackburn House
199 Grenfell St, Adelaide, 5000
www.dva.gov.au
Telephone: 13 32 54 (metro) or
1800 555 254 (country)



Vestibular services – private

Business name and physiotherapist	Address	Contact
Unley Physiotherapy Ann Buchan and associates	160 Unley Rd Unley SA 5061	Tel: (08) 8373 2132 anphysio@optusnet.com.au
Dizziness and Balance Disorders Professor Dr Margie Sharpe	Level 2, 70 Hindmarsh Square Adelaide SA 5000	Tel: (08) 7087 2141 Fax: (08) 7087 2102 info@dizzinessbalancedisorders.com.au www.dizzinessbalancedisorders.com.au
James McLoughlin Neurophysiotherapy	296 Payneham Rd Payneham SA 5070	Tel: (08) 8363 0458 Fax: (08) 8363 0675 admin@neurophysiotherapy.com.au www.neurophysiotherapy.com.au/ James-McLoughlin-Neuro Physiotherapy
Edwina Reid Neurophysiotherapy	76b Kensington Rd Rose Park SA 5067	Tel: (08) 8331 2700 Fax: (08) 8331 2702 Mobile: 0412 698 844 edwina@neurophysio.com.au www.neurophysio.com.au
Susan Hillier	Home visits and clinic work	Tel: 0419 034 578
Tamina Levy Neurophysiotherapy	5/259 Unley Rd Malvern SA 5061	Mobile: 0409 282 210
Karyn Powell Neurological Physiotherapy and Rehabilitation	Blackwood Health Centre 210 Main Rd Blackwood SA 5051	Tel: (08) 8278 7444 Fax: (08) 8370 2675 kpowellphysio@internode.on.net

Vestibular services – public/university

Site name	Physiotherapist	Contact
Lyell McEwin Hospital Haydown Rd Elizabeth Vale SA 5112	Louise Brumby	Tel: (08) 8182 9000 Pager number 6256
Hampstead Rehabilitation Centre 207-255 Hampstead Rd Northfield SA 5085	Rachel Harling* Marissa Sorich*	Tel: (08) 8222 1600
University of South Australia School of Health Sciences City East Campus North Tce Adelaide SA 5000	Dr Susan Hillier	Tel: (08) 8302 2544 Fax: (08) 8302 2977 Susan.Hillier@unisa.edu.au
RAH 14 North Tce Adelaide SA 5000	Annabel Tolfts*	Tel: (08) 8222 5726

*resource only



Continence services

The listed continence health professionals provide an experienced and comprehensive continence assessment for both bladder and bowel with management programs developed and individually orientated to meet each client's goals.

Service	Eligibility	Who can refer and how
RDNS Your Health and Learning	> Various programs available, please call to discuss	Any health professional or self referral > Phone: 1300 364 264 > Online: www.yourliferdns.org.au > Fax: (08)8378 5383
Resthaven – Northern and Paradise Therapy Services 16 Gillingham Rd, Elizabeth, SA 5112 61 Silkes Rd, Paradise, SA 5075	> 65 years of age	Any Health professional or self referral > See page 10 for the Central and Northern Adelaide Local Health Networks day therapy centre referral form > Northern: Tel: (08) 8252 6811 Fax: (08) 8252 6822 > Paradise: Tel: (08) 8337 4371 Fax: (08) 8365 1028
Public hospitals Lyell McEwin Hospital Family Clinic Haydown Rd, Elizabeth Vale, SA 5112	> Women only	Any health professional or self referral > Contact the Family Clinic to refer: Tel: (08) 8282 1614 Fax: (08) 8282 1615
Lyell McEwin Hospital Allied Health Department Haydown Rd, Elizabeth Vale, SA 5112	> Men and women	Any health professional or medical practitioner referral > Contact the Allied Health Department to refer to the Continence Physiotherapist at: Tel: (08) 8182 9288 Fax: (08) 8182 9440 or Continence Nurse Practitioner Tel: (08) 8182 9000 p.7178
The Queen Elizabeth Hospital Women's Health 28 Woodville Rd, Woodville, SA 5011	> Women only	Any health professional or self referral > Contact Women's Health to refer: Tel: (08) 8222 7637 Fax: (08) 8222 7986
Royal Adelaide Hospital Women's Health Centre 14 North Tce, Adelaide, SA 5000	> Women only GP referral req.	Any health professional or medical practitioner referral > Contact the Women's Health Centre to refer to the Women's Health and Continence Physiotherapist at: Tel: (08) 8222 5587 Fax: (08) 8222 5645

Service	Eligibility	Who can refer and how
Private physiotherapist Australian Physiotherapy Association (APA) South Australian Office	Anyone	Any health professional or self referral > To find your nearest specialist private women's health and continence physiotherapist, contact the APA on: Ph: (08) 8362 1355 www.physiotherapy.asn.au

Continence Aids Payment Scheme (CAPS)

The CAPS is an Australian Government Scheme that provides a payment to assist eligible people who have permanent and severe incontinence to meet some of the costs of their incontinence products .

For more information, refer to:

- > Medicare Australia: 132 011 (select option 1)
- > National Continence Helpline: 1800 330 066
- > CAPS policy line: 1800 807 487
- > Bladder Bowel website: www.bladderbowel.gov.au

Department of Veterans' Affairs Rehabilitation Appliances Program (RAP)

The RAP provides appliances and equipment for self-help and rehabilitation purposes to gold and white card holders with a clinically assessed need. Continence products are available under this program. The Department has contracted suppliers who provide delivery of continence products.

For more information, contact:

1300 550 457 (select option 1)

http://www.dva.gov.au/service_providers/rap/Pages/index.aspx

Resources

Continence Foundation of Australia
National Office

<http://www.continence.org.au/>

National Continence Helpline

Telephone: 1800 330 066

A free information and referral telephone service that can provide advice about continence schemes and product suppliers

SA Continence Resource Centre
Independent Living Centre

11 Blacks Rd, Gilles Plains, SA 5086

Open from 9am-5pm, Monday to Friday

Telephone: (08) 8266 5260

1300 885 886

Facsimile: (08) 8266 5263

www.continencesa.org.au

Relevant services

Organisation	Website	Telephone
Aboriginal Health Council of SA	www.ahcsa.org.au	(08) 8273 7200
Access 2 Home Care	www.ageing.sa.gov.au	1300 130 551
Active Ageing Australia	www.activeageingaustralia.com.au	(08) 8362 5599
Aged Care Information Line	www.agecareaustralia.gov.au	1800 200 422
Alzheimers Australia	www.alzheimers.org.au	1800 100 500
Arthritis SA	www.arthritissa.org.au	(08) 8379 5711 1800 011 041 (country)
Australian Association of Social Workers	www.aasw.asn.au	(08) 8463 5911
Australian Physiotherapy Association	www.physiotherapy.asn.au	(08) 8362 1355
Australian Podiatry Association SA	www.podiatrysa.net.au	(08) 8210 9408
Australian Psychological Society	www.psychology.org.au	(03) 8662 3300 1800 333 497
Carer's SA	www.carers-sa.asn.au	1800 242 636
Commonwealth Care Link SA	www.carelinksa.asn.au	1800 052 222
Continence Resource Centre SA	www.continencesa.org.au	(08) 8266 5260 1300 885 886 (SA & NT only)
COTA Seniors Voice	www.seniorsvoice.org.au	1800 182 324
Department of Veteran Affairs	www.dva.gov.au	133 254 1800 555 254 (country)
Diabetes SA	www.diabetessa.com.au	1300 136 588
Dietitians Association of Australia	www.daa.asn.au	1800 812 942
Disability SA	www.disability.sa.gov.au	1300 786 117
Domiciliary Care SA	www.domcare.sa.gov.au	1300 295 673 (enquiries) 1300 130 551 (referrals)
Ethnic Link Services	www.ucwpa.org.au	(08) 8241 0201
Exercise and Sports Science Australia (ESSA)	www.essa.org.au	(07) 3856 5622
Falls Prevention Team (The Central, Northern and Southern Adelaide Local Health Networks)		1300 0 FALLS (1300 0 32557)
Guide Dogs SA.NT Vision Service, Hearing Service	www.guidedogs.org.au	1800 738 855 (08) 8203 8333
Health Direct Australia	www.healthdirect.org.au	1800 022 222
Home Medicines Review	www.medicareaustralia.gov.au	Refer client to GP (08) 8274 9641
Human Services Finder	www.hsfinder.sa.gov.au	1800 022 222



Organisation	Website	Telephone
Independent Living Centre SA	www.disability.sa.gov.au	(08) 8266 5260 1300 885 886
Meals on Wheels	www.mealsonwheels.org.au	(08) 8271 8700 1800 854 453
Metropolitan Referral Unit		1300 110 600 fax 8201 7822
Mobile Assessment and Support Team (MAST)		(08) 8243 5471
NPS Medicines Line	www.nps.org.au	1300 633 424
Optometrists Association Australia	www.optometrists.asn.au	(08) 8338 3100
Osteoporosis Association Australia	www.osteoporosis.org.au	(08) 8379 5711 1800 242 141
OT Australia	www.otaus.org.au	(08) 8342 0022
Personal Alert Systems Rebate Scheme	www.sa.gov.au/senious	1300 700 169
Preventive Care Centre RAH (hip protectors)		(08) 8222 5219
RDNS Your Health and Learning	www.yourliferdns.com.au	1300 364 264
Royal Society for the Blind	www.rsb.org.au	(08) 8417 5555 1800 675 554
SA Ambulance Service cover	www.saambulance.com.au	1300 136 272
South Australian Falls Prevention	www.fallssa.com.au	
Seniors Information Service	www.seniors.asn.au	(08) 8168 8776 1800 636 368 (country)
Telecross	www.redcross.org.au	(08) 8100 4697 1300 885 698
Other contacts:		

[illegible]

Notes

[illegible]

Falls prevention resources

Policy directive, guideline and toolkit

The SA Health policy directive, guideline and toolkit is available electronically through the safety and quality website: www.sahealth.sa.gov.au/safetyandquality.

Toolkit consist of:

- > Post management fall protocol
- > Reporting guide for fall incidents
- > Post fall team review process
- > Falls risk assessment form (MR58) and risk review form (MR58a)

National Falls Prevention Guidelines:

Preventing falls and harm from falls in older people

- > Best practice Guidelines for Australian Hospitals 2009
- > Best practice Guidelines for Australian Residential Aged Care Facilities 2009
- > Best practice Guidelines for Australian Community Care 2009

www.sahealth.sa.gov.au/safetyandquality then follow the link to fall and fall injury prevention.



Falls SA website

This site provides a one-stop shop of falls prevention and management information for health professionals, GPs, over 50s and carers.

The e-learning package for Health Professionals 'Prevention of falls and harm from falls' can be viewed at this website.

www.fallssa.com.au



Service directories

Available electronically and updated regularly

For most recent version of directory

Telephone: 1300 0 FALLS (1300 0 32557)

Central:

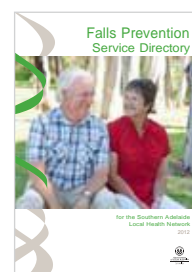
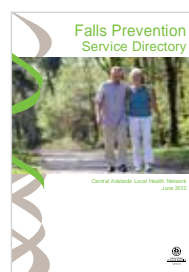
Email: antonia.mcgrath@health.sa.gov.au

Northern:

Email: gillian.bartley@health.sa.gov.au

Southern:

Email: jessica.ip@health.sa.gov.au



“Don’t fall for it. Falls can be prevented!”

(Also available in Polish, Italian, Greek, German and Chinese)

Order copies from National Mailing and Marketing

Email: nmm@nationalmailing.com.au

Telephone: (02) 6269 1000

Website: www.health.gov.au/internet/main/publishing.nsf/content/phd-pub-injury-dontfall-cnt-htm

or call Aged Care Information Line

Telephone: 1800 500 853



Fact sheets

Nine SA falls prevention fact sheets for consumers are available electronically or copies can be ordered through the safety and quality website:

www.sahealth.sa.gov.au/safetyandquality and follow the links to fall and fall injury prevention, information for consumers.

- > Fact Sheet 1: Eat Well and Stay Strong
- > Fact Sheet 2: Eyesight and Walking
- > Fact Sheet 3: Medicines and Balance
- > Fact Sheet 4: Dizziness and Balance
- > Fact Sheet 5: Keeping Safe and Independent in Hospital
- > Fact Sheet 6: Comfy Feet Go a Long Way
- > Fact Sheet 7: Standing up to falls
- > Fact Sheet 8: Making your Home your Haven
- > Fact Sheet 9: Strong and Steady



Department of Health and Ageing

The ‘Mature Approach to Avoiding Falls’ poster and brochure are part of the Ambassador for Ageing’s positive ageing message.

View the poster and brochure on links below. Both publications can be ordered at no cost from National Mail and Marketing on (02) 6269 1000.

www.health.gov.au/internet/main/publishing.nsf/content/ageingambassador-positive-ageing-avoiding-falls.htm.



Become Active booklets available electronically

- > Become Active in the North
- > Become Active in the South
- > Become Active in the Central and East
- > Become Active in the West
- > Become Active in the Adelaide Hills
- > Become Active in the Fleurieu

www.activeageingaustralia.com.au

Falls prevention resources “Don’t Fall for It. Falls can be prevented!”



(Please note: also available in Polish, Italian, Greek, German and Chinese)

Order copies from: National Mailing and Marketing -

nmm@nationalmailing.com.au

Telephone: 02 6269 1000

www.health.gov.au/internet/main/publishing.nsf/Content/phd-pub-injury-dontfall-cnt.htm



For more information

**Falls Prevention Team
Primary Health Care
Central Adelaide Local Health Network
PO Box 508
Prospect East SA 5082
Telephone: 1300 0 FALLS (1800 1 32557)
Facsimile: 1300 467 567**

If you do not speak English, request an interpreter from SA Health and the Department will make every effort to provide you with an interpreter in your language.



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SA Health