

# Falls Prevention Service Directory



Northern Adelaide Local Health Network  
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of South Australia

SA Health

# Welcome to the seventh edition of the Falls Prevention Service Directory for the Northern Adelaide Local Health Network.

The NALHN 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.

## Northern Adelaide Local Health Network

The Northern Adelaide Local Health Network (NALHN) provides care for around 341,000 people living in the northern 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 Northern Adelaide Local Health Network provides a range of acute and sub acute health services for people of all ages and covers 16 Statistical Local Areas and four Local Government Areas and includes the following:

- > Lyell McEwin Hospital
- > Modbury Hospital
- > GP Plus Health Care Centres and Super Clinics
- > Sub-Acute Services
- > Mental Health Services

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 per cent 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 Northern Area Geriatric Service

The Northern Area Geriatric Service has been established in accordance with the SA Health Service Framework for Older People 2009-2016 to provide comprehensive geriatric medicine service within the NALHN. These services include:

- > Geriatric Evaluation and Management Unit (GEM Modbury Hospital)
- > Community-based Older People's Health Service
- > Inpatient acute care of older people services (ACE Lyell McEwin Hospital)
- > Inpatient geriatric consultative services
- > Falls assessment clinics (Modbury GP Plus Superclinic and Elizabeth GP Plus Clinic)
- > Community GEM Service
- > Transition Care Program
- > ACAT (Aged Care Assessment Team)

## Falls Program

Working towards better care, the Northern Adelaide Local Health Network Falls Prevention program provides best practice falls prevention services to our consumers. In line with our goal of better care, the program currently operates two falls assessment clinics and offers a triage and care coordination service for vulnerable fallers.

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.



Dr John Maddison  
Director (Medical) Aged Care  
Rehabilitation & Palliative Care  
Northern Adelaide Local Health Network



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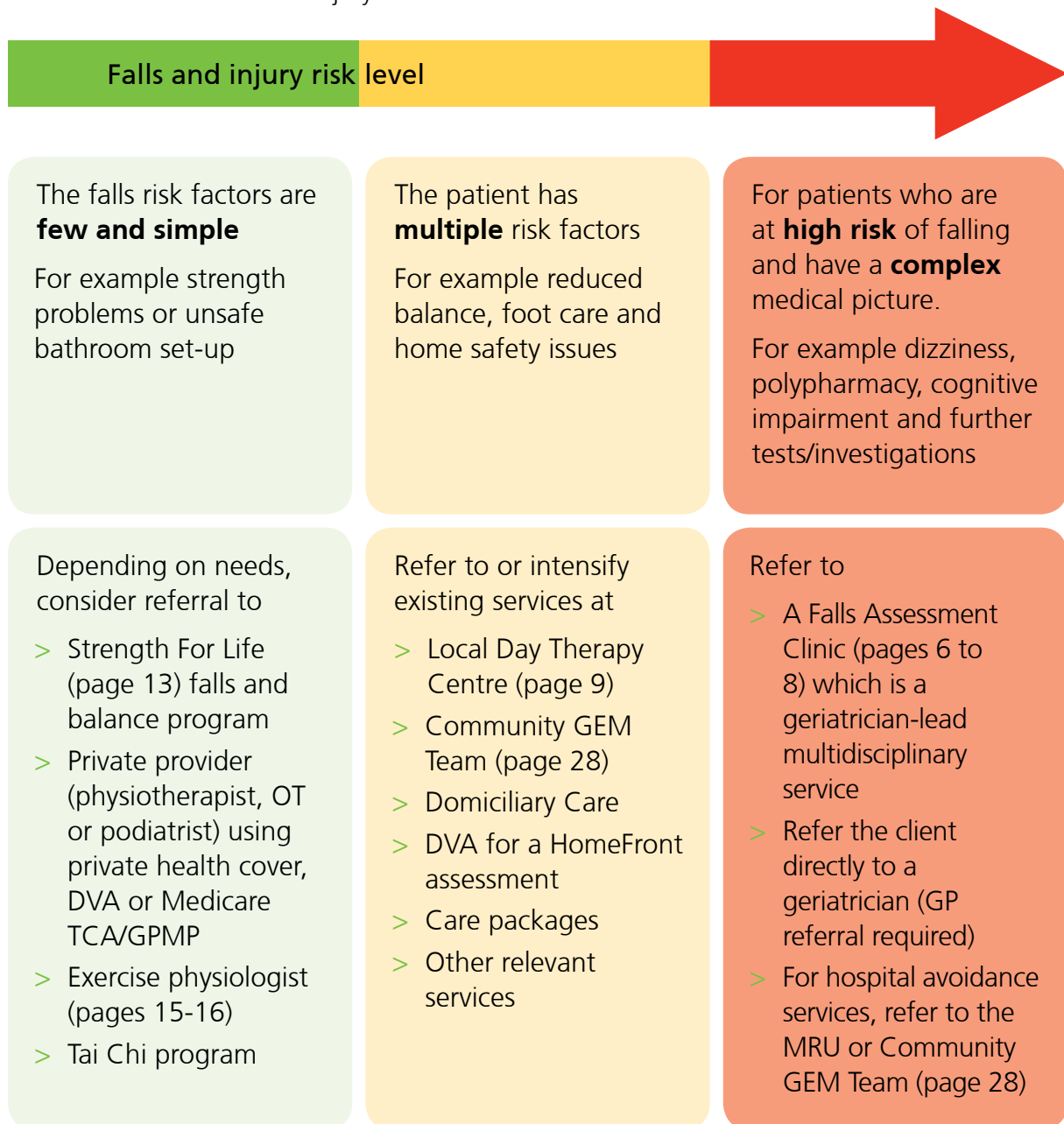
### **Disclaimer**

***This directory has been prepared by the Northern Adelaide Local Health Network Falls Prevention Team for information purposes. The Falls Prevention Team assumes no responsibility for the information provided by any of these service providers, and disclaims all the liability in respect of such information.***

## Referral guide to falls prevention services

### Consider making a referral if:

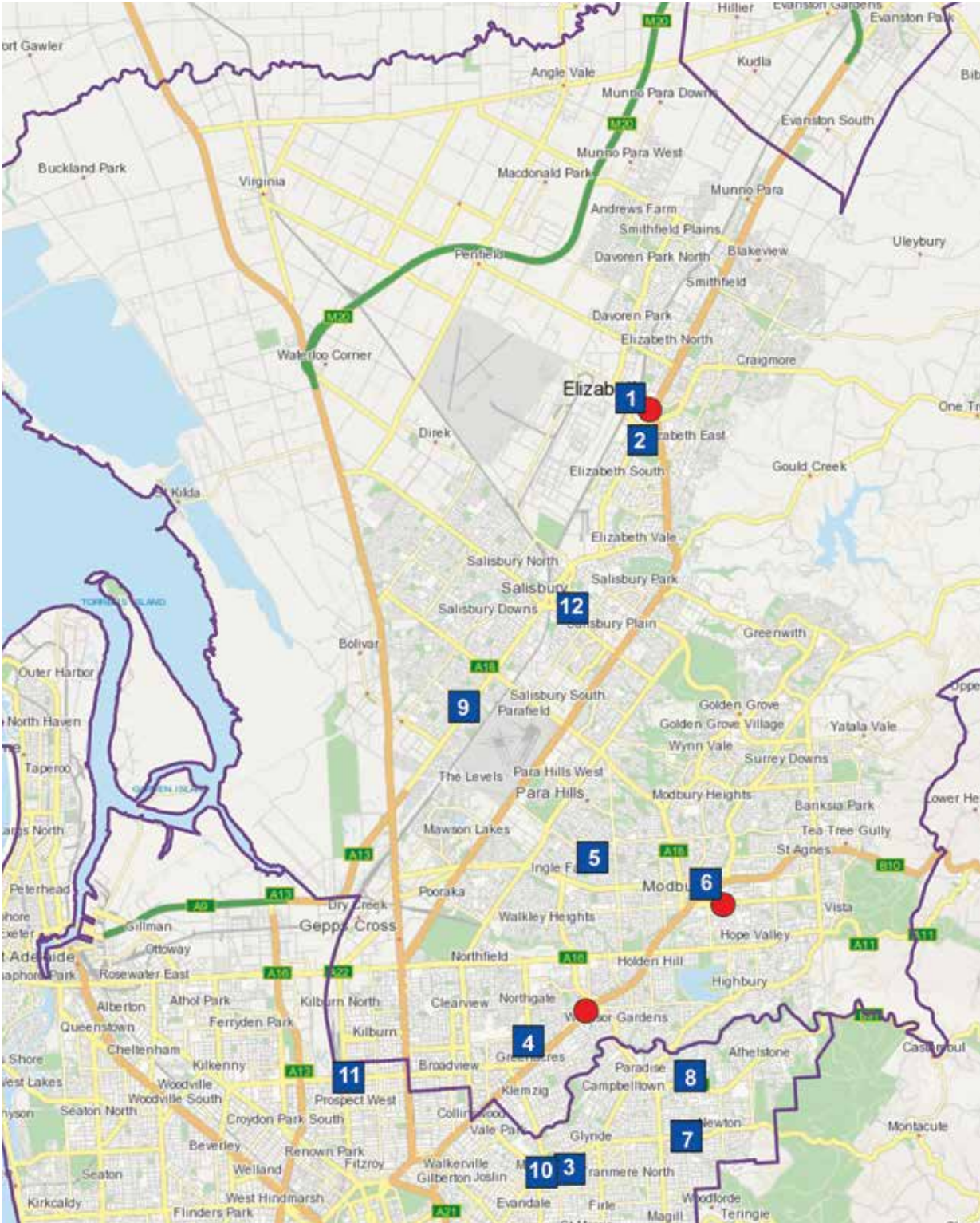
- > Recent hospital admission, ED presentation or ambulance callout for a fall
- > Client reports having had a fall, trip or slip (with or without injury)
- > Client appears unsteady
- > Assessment reveals:
  - balance decline (include early decline)
  - risk factors for falls
  - increased likelihood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

# Falls service map



■ Day Therapy Centre      ● Falls Clinic

## Falls assessment clinics

| Region        | Address  | Phone                          | Fax          |
|---------------|--|--------------------------------|--------------|
| Northern      | GP Plus Health Care Centre<br>16 Playford Boulevard<br>Elizabeth SA 5112 | 1300 0 FALLS<br>(1300 0 32557) | 1300 467 567 |
| North Eastern | GP Plus Super Clinic<br>77 Smart Road<br>Modbury SA 5092                 |                                |              |

### What is a falls assessment clinic?

Falls assessment clinics provide specialised multidisciplinary assessments of older individuals living in the community who suffer complex multifactorial falls. The service includes assessment by a geriatrician, physiotherapist, occupational therapist and nurse. A plan of care including recommendations and service linkage is provided to address identified falls risk factors.

### Cost

This is a free service.

### Criteria for eligibility

- > Lives in the Northern Adelaide Local Health Network
- > Client consents to referral
- > Aged 65 or older
- > Aboriginal and Torres Strait Islander aged 50 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

### How do I refer to a falls clinic?

To refer to a falls clinic, use the Northern Adelaide Local Health Network Falls assessment clinic referral form in page 7. Ensure that your reason for referral and supporting information is attached.

Note: Residents living in residential care facilities can be referred to the Northern Geriatric Service Outpatient Department, Modbury Hospital fax (08) 8161 2591.

## Falls Assessment Clinic referral form



|                            |   |
|----------------------------|---|
| To Falls Assessment Clinic | Fax No 1300 467 567                                     |
| From                       | No of pages<br>(including this page and medial summary) |
| Organisation               | Designation   |
| Date                       | Contact phone<br>Contact fax                            |

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  Yes  No Language \_\_\_\_\_

Criteria for eligibility (Please tick) \*Indicates mandatory criterion

- Lives in the Northern Adelaide Local Health Network\*
- Client consents to referral\*
- Aged 65 or older or Aboriginal and Torres Strait islander aged 50 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

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: If residing in residential care facility, refer to the Northern Geriatric Service Outpatient Department on fax (08) 8161 2591.**

Is the client receiving other community services?

No  Yes (specify)

Community package – provider: \_\_\_\_\_

Dom. Care  DVA Gold/White/Orange Card

Private  Disability SA  Other: \_\_\_\_\_

**Please ensure you supply the below information**

Reason for referral

**Attach PMHx, current medications and other relevant information, including alerts**

(processing may be delayed if sufficient information not provided)

## Other falls assessment clinics

| <b>Confident Steps Balance and Falls Prevention Group<br/>Calvary Rehabilitation Hospital</b>  | <b>Low Vision Falls Prevention Clinic,<br/>Guide Dogs SA.NT</b>  |
|--|--|
| <p><b>What is it?</b></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 participate in a six week goal-oriented program of exercise and education.</p> | <p><b>What is it?</b></p> <p>A comprehensive vision assessment is provided by a Low Vision Specialist 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, exercise programs, case management, optometry or ophthalmology.</p> |
| <p><b>Cost</b></p> <p>This service is generally covered by private health insurance or DVA funding, confirmed individually prior to booking.</p>   | <p><b>Cost</b></p> <p>This is a free service.</p>  |
| <p><b>Who is eligible?</b></p> <p>Falls clinics are suited to individuals:</p> <ul style="list-style-type: none"> <li>&gt; who present with multiple co-morbidities, leading to a higher falls risk, or</li> <li>&gt; who report two or more falls in the past year and</li> <li>&gt; who do not have an acute fracture or acute illness (is medically stable).</li> </ul>   | <p><b>Who is eligible?</b></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><b>How do I refer to this service?</b></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<br/>Walkerville, SA 5081</p> <p>Tel: (08) 8168 5700<br/>Fax: (08) 8344 1430</p> <p><a href="http://www.calvaryrehabsa.org.au">www.calvaryrehabsa.org.au</a></p>    | <p><b>How do I refer to this service?</b></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<br/>Adelaide, SA 5000</p> <p>Tel: (08) 8203 8333<br/>Fax: (08) 8203 8332</p> <p><a href="http://www.guidedogs.org.au">www.guidedogs.org.au</a></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 older 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.

### 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 65 years of age (Aboriginal and Torres Strait Islander peoples over 45 years of age)
- > 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 Northern Adelaide Local Health Network day therapy centre referral form on page 10.



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<sup>1,4,10</sup>
- Podiatry<sup>1,2,4,6-12</sup>
- Social work<sup>7,8,11</sup>
- Physiotherapy<sup>1-12</sup>
- Continence Mx<sup>7,10</sup>
- Home rehabilitation<sup>2,4,7</sup>

- Speech pathology<sup>1,8</sup>
- Home assessment<sup>1,2,4,5,7,8,9,11,12</sup>
- Aquatic physiotherapy<sup>1-3,5-9,11,12</sup>
- Occupational therapy<sup>1,2,4,5,7-9,11,12</sup>
- Exercise physiologist<sup>2,7,10</sup>

**Group Programs:**

- Falls and balance<sup>1-4,6-12</sup>
- Arthritis groups<sup>2</sup>
- Parkinson's groups<sup>1,8,10</sup>
- Chronic condition Mx<sup>1,4</sup>
- Pulmonary Rehab<sup>1</sup>
- Chi Ball<sup>1,8</sup>
- Walking<sup>5,7,9,11</sup>
- Pilates<sup>10</sup>
- Stroke self Mx<sup>1</sup>
- Tai Chi<sup>1-4,6,8-10,12</sup>
- Group Ex classes<sup>1-12</sup>

Are there any precautions or limitations?  Yes  No

Details .....

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

**Referring person**

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

**General practitioner details**

Name.....  
 Address .....  
 Contact number .....  
 Provider number .....  
 Medical clearance obtained  Yes  No  
 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. Greenacres        | ECH, Unit 1, 19-21 Fosters Rd, 5086                          | 8361 5350 | 8361 5399 |
| 5. Ingle Farm        | Helping Hand, Healthy Ageing<br>Shackleton Ave, 5098         | 8285 0999 | 8285 1744 |
| 6. Modbury           | Salvation Army HealthLink,<br>138 Reservoir Rd, 5092         | 8264 8300 | 8264 0133 |
| 7. Newton            | ACH, 163 Montacute Rd, 5074                                  | 8360 9433 | 8357 3255 |
| 8. Paradise          | Resthaven, 61 Silkes Rd, 5075                                | 8337 4371 | 8336 9952 |
| 9. Parafield Gardens | Helping Hand, Healthy Ageing,<br>437 Salisbury Highway, 5107 | 8285 0999 | 8285 1744 |
| 10. Payneham         | Life Care Active,<br>Level 1, 230 Payneham Rd, 5070          | 8168 7600 | 8336 2788 |
| 11. Prospect         | Uniting Communities, 332 Regency Rd, 5082                    | 8202 5900 | 8342 3398 |
| 12. Salisbury        | Helping Hand, Healthy Ageing<br>34 Commercial Rd, 5108       | 8285 0999 | 8285 1744 |

## Strength for Life

### What is the Strength for Life Program?

Developed by COTA SA and running at multiple venues across the Northern Adelaide Local Health Network, the program provides:

- > progressive strength training sessions, supervised by a qualified fitness instructor or by an exercise physiologist in a tier 1 facility
- > 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

In 2013, COTA SA initiated two categories of Strength for Life:

**Tier 1:** Delivered by Exercise Physiologists or Physiotherapists

**Tier 2:** Delivered by fitness instructors

### Cost

Small fees do apply, please contact your local Strength for Life facility for costs. Rebates from health funds may apply.

### Who is eligible?

Individuals over 50 years of age who are independent with mobility and transfers. Aboriginal and Torres Strait Islanders from the age of 40.

### How do I refer?

Allied health or GPs can refer to the program by completing the referral form on page 13. 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 SA on 8232 0422.**

COTA SA

16 Hutt Street

Adelaide, SA 5001

Telephone: (08) 8232 0422

Facsimile: (08) 8232 0433

Email: [seniorsvoice@seniorsvoice.org.au](mailto:seniorsvoice@seniorsvoice.org.au)

Web: [www.cotasa.org.au](http://www.cotasa.org.au)

# Strength for Life 50+ referral form - Falls and Balance

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?

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Recommended strength training/balance/stretching:

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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          |
|-------------------|---|----------------|
| Athelstone        | Marchant Centre, 338 Gorge Road                                     | (08) 8366 9218 |
| Craigmore         | YMCA Craigmore, 190 Yorktown Road                                   | 0423 493 807   |
| Dernancourt       | Goodlife Health Club ,820-822 Lower North East Road                 | (08) 8124 8910 |
| Enfield           | Enfield Community Centre, 540 Regency Road                          | (08) 8342 9168 |
| Enfield           | Fit Life Health and Fitness Centre, 42 Warwick Street               | (08) 8262 1925 |
| Elizabeth         | Genesis Elizabeth, Clock Tower, Playford Boulevard                  | (08) 82878777  |
| Fairview Park     | Benefitness and Health Centre, 341 Hancock Road                     | (08) 8251 3011 |
| Gawler            | Gawler Sport and Community Centre,<br>Nixon Terrace                 | (08) 8552 9203 |
| Greenacres        | ECH, 1/19-21 Fosters Road   | (08) 8361 5350 |
| Holden Hill       | Goodlife Health Club, 9/560 North East Road                         | (08) 8266 2200 |
| Hope Valley       | Highercombe Facility (ACH Group), 7-11 Sirius Avenue                | 0417 898 487   |
| Hope Valley       | LHI Retirement Services, 1217 Grand Junction Road.                  | (08) 8265 8000 |
| Hope Valley       | Barracks Road Community Facility, 66 Barracks Road                  | (08) 8397 7432 |
| Ingle Farm        | Funlife Fitness Centre, 11 Roopena Street                           | (08) 8264 3918 |
| Klemzig           | Fit World, 226 North East Road                                      | (08) 7225 6755 |
| Modbury North     | Changes Health and Fitness Centre, 239 Milne Road                   | (08) 8263 6099 |
| Munno Para West   | Curtis Road Facility, Corner Curtis and Peachey Roads.              | 0423 493 807   |
| Newton            | Health Services East (ACH Group), 163 Montacute Road.               | (08) 8360 9430 |
| Parafield Gardens | Parafield Gardens Recreation Centre, Corner Kings and Martins Roads | (08) 8281 4888 |
| Payneham          | Lifecare, 230 Payneham Road   | (08) 8168 7600 |
| Rostrevor         | Milpara Facility (ACH Group), 147 St Bernards Road                  | (08) 8366 8000 |
| Salisbury East    | The Lodge Health and Wellness Centre, 1587 Main North Road          | (08) 8258 9066 |
| Smithfield Plains | John McVeity Centre, 182 Peachey Road –currently at YMCA Craigmore  | 0488 135 783   |
| Virginia          | Virginia Institute<br>Old Port Wakefield Road                       | 0488 224 854   |
| Walkerville       | Inner North East Adelaide YMCA, 39 Smith Street                     | (08) 8344 3811 |

## 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:

- > exercise rehabilitation (hydrotherapy, gym or home-based exercise)
- > chronic disease management
- > 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 a referral form. 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](mailto:cpaa@hampstead.rah.sa.gov.au)  
Website: [www.cpaas.gov.au](http://www.cpaas.gov.au)

## Adelaide Exercise Physiology Health Group (AEP Health Group)

Established in 2006, AEP Health Group operates from numerous Exercise Physiology and Dietitian clinics across metropolitan Adelaide. AEP offer a host of specialised services including chronic disease management, physical rehabilitation, and work place health services. AEP's team of qualified allied health professionals operate from their stand-alone clinics and numerous GP clinics, providing patients with access to high quality evidence based health services from professional, comfortable, convenient and private clinics. In addition to clinic based services, AEP also conduct a home visit service for patients with mobility difficulties and/or too ill to attend a clinic.

### Cost

Fees do apply, so for more details regarding the services required, please contact AEP Health Group on 08 8244 0450.

### Services

#### Exercise Physiology Services

- > Exercise prescription for chronic disease management
- > Supervised group exercise sessions to improve strength and conditioning
- > In home exercise prescription and advice
- > Falls prevention
- > Physical functional assessments
- > Lungs in action
- > Weight management

#### Dietitian Services

- > Clinical nutritional treatment for chronic conditions
- > Weight gain/loss
- > Food intolerances

### Who is eligible?

Individuals who would benefit from exercise

### How do I refer to AEP Health Group?

Patients can be referred via GP utilizing enhanced primary care plans, private health, workcover

### For more information contact:

AEP Health Group  
Central Reception  
699 Port Road Woodville Park SA 5011  
Telephone: 08 8244 0450  
Facsimile: 08 8244 0451  
Email: [info@aep.net.au](mailto:info@aep.net.au)  
[www.aep.net.au](http://www.aep.net.au)



## Councils

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

| Council   | Address                                 | Phone          | Fax/ Email   |
|---|---|----------------|--|
| Port Adelaide Enfield City Council<br><a href="http://www.portenf.sa.gov.au">www.portenf.sa.gov.au</a>    | 163 St Vincent St<br>Port Adelaide 5015 | (08) 8405 6600 | <a href="mailto:customerservice@portenf.sa.gov.au">customerservice@portenf.sa.gov.au</a>       |
| City of Playford<br><a href="http://www.playford.sa.gov.au">www.playford.sa.gov.au</a>                    | 12 Bishopstone Rd<br>Davoren Park 5113  | (08) 8256 0333 | (08) 8256 0578<br><a href="mailto:playford@playford.sa.gov.au">playford@playford.sa.gov.au</a> |
| Salisbury City Council<br><a href="http://www.salisbury.sa.gov.au">www.salisbury.sa.gov.au</a>            | 12 James St<br>Salisbury 5108           | (08) 8406 8222 | (08) 8281 5466<br><a href="mailto:city@salisbury.sa.gov.au">city@salisbury.sa.gov.au</a>       |
| Tea Tree Gully City Council<br><a href="http://www.teatreegully.sa.gov.au">www.teatreegully.sa.gov.au</a> | 571 Montague Rd<br>Modbury 5092         | (08) 8397 7444 | (08) 8397 7400<br><a href="mailto:cttg@cttg.sa.gov.au">cttg@cttg.sa.gov.au</a>                 |



## Private hospital day therapy options

| Memorial Hospital Day Rehabilitation Unit   | Calvary Rehabilitation Hospital   |
|---|---|
| <p><b>Who is eligible?</b></p> <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> | <p><b>Who is eligible?</b></p> <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>  |
| <p><b>What services are offered?</b></p> <ul style="list-style-type: none"> <li>&gt; Hydrotherapy</li> <li>&gt; Physiotherapy</li> <li>&gt; Occupational therapy</li> <li>&gt; Speech pathology</li> <li>&gt; Dietetics</li> </ul>              | <p><b>What services are offered?</b></p> <ul style="list-style-type: none"> <li>&gt; Aquatic physiotherapy</li> <li>&gt; Dietetics</li> <li>&gt; Occupational therapy</li> <li>&gt; Physiotherapy</li> <li>&gt; Speech pathology</li> <li>&gt; Psychology</li> <li>&gt; Group programs for cardiac and pulmonary rehabilitation, oncology reconditioning, confident steps balance and falls prevention group and orthopaedic groups.</li> </ul> |
| <p><b>How do I refer to this service?</b></p> <p>A doctor's referral is required. Doctors can refer by ringing (08) 8366 3419</p>   | <p><b>How do I refer to this service?</b></p> <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>   |
| <p><b>For further information contact</b></p> <p>Sir Edwin Smith Avenue<br/>North Adelaide, SA, 5006<br/>Ph: (08) 8366 3419<br/>Fax: (08) 8366 3466<br/><a href="http://www.thememorialhospital.org.au">www.thememorialhospital.org.au</a></p>  | <p><b>For further information contact</b></p> <p>18 North East Rd,<br/>Walkerville, SA, 5081<br/>Ph: (08) 8168 5700<br/>Fax: (08) 8344 1430<br/><a href="http://www.calvaryrehabsa.org.au">www.calvaryrehabsa.org.au</a></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 \$219 (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?

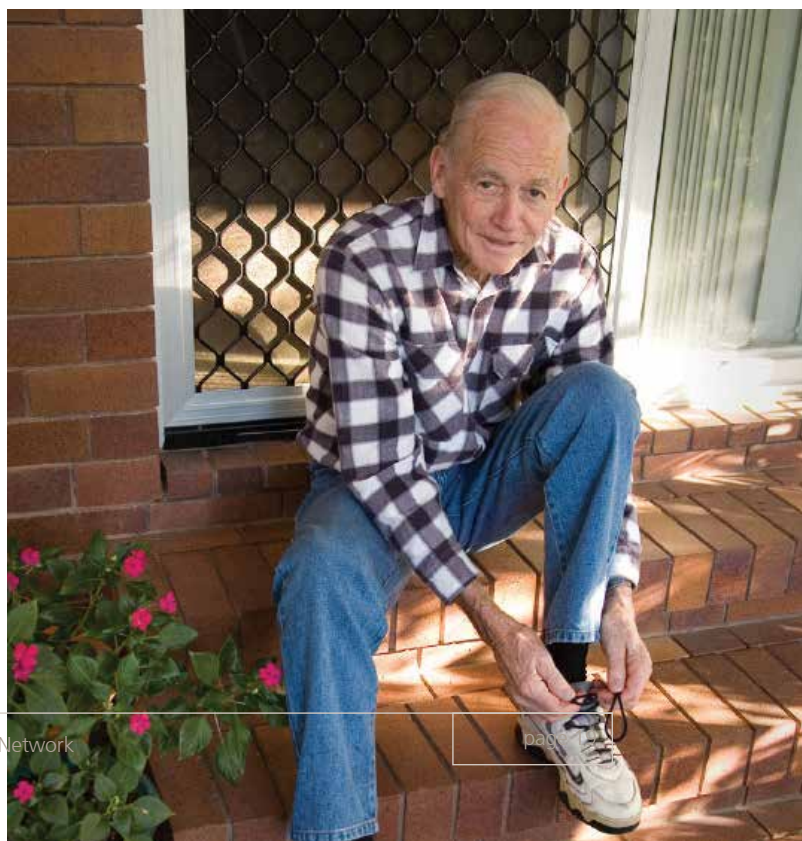
All Department of Veterans' Affairs Gold and White card holders are eligible.

### 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](http://www.dva.gov.au)**

Department of Veterans' Affairs  
Veterans' Affairs Network Office  
Blackburn House  
199 Grenfell St, Adelaide, 5000  
[www.dva.gov.au](http://www.dva.gov.au)  
Telephone: 1800 801 945



## Private in-home Physiotherapy options

Home-based Physiotherapy can be arranged for patients who would prefer services in their home or if they are too ill or immobile to go to a day therapy centre or health facility. In addition to Domiciliary Care and some Day Therapy Centres, some private practitioners may offer a home visiting service.

It is worth checking with a patient's usual or local provider to see if they can visit the patient in the home. Alternately, there are practices which provide this service as their core business.



| Mobile Physio   | Xtra HomeCare Physiotherapy   |
|---|---|
| <p><b>What is it?</b></p> <p>This service offers Physiotherapy for older people in their homes. The Physiotherapist works with other health care professionals (when required) to provide a complete home care service.</p> <p>Following an initial assessment, a care plan is developed to achieve the patient's individual treatment goals.</p>   | <p><b>What is it?</b></p> <p>This service delivers Physiotherapy services in people's homes. Rehabilitation, Reconditioning, Prevention and Maintenance programs aim to enable older people to live independently in their homes for as long as possible. They team with Occupational Therapists to perform functional assessments, equipment prescription and home modification assessments.</p> <p>The Physiotherapists work with the patient's family, carers and allied health professionals to deliver a care package specific to the patient's needs.</p> <p>Following an initial assessment, a care plan is developed to achieve the patient's individual treatment goals.</p> |
| <p><b>Cost</b></p> <p>Phone the Mobile Physio office for details.</p>   | <p><b>Cost</b></p> <p>Phone the Xtra HomeCare office for details</p>  |
| <p><b>Who is eligible?</b></p> <p>Mobile Physio is available to all residents of metropolitan Adelaide (Adelaide Hills by appointment).</p> <p>Mobile physio is suited to older individuals who require:</p> <ul style="list-style-type: none"> <li>&gt; Physio assessment, treatment and evaluation</li> <li>&gt; Walking aids and equipment</li> <li>&gt; Falls Prevention and home assessment</li> <li>&gt; Rehabilitation</li> <li>&gt; Home exercises</li> <li>&gt; Balance training</li> <li>&gt; Pain relief.</li> </ul> | <p><b>Who is eligible?</b></p> <p>Xtra HomeCare is suited to individuals who require:</p> <ul style="list-style-type: none"> <li>&gt; Physiotherapy assessment, treatment and evaluation</li> <li>&gt; Physiotherapy assistant led therapy</li> <li>&gt; Physiotherapy and Physiotherapy assistant treatments for complex conditions</li> <li>&gt; Falls and balance training and education</li> </ul>  |
| <p><b>How do I refer to this service?</b></p> <p>To obtain a copy of the referral form or more information contact:</p> <p>Mobile Physio<br/> Tel / Fax: (08) 8377 4648<br/> Mobile: 0403 573 449<br/> <a href="http://www.mobilephysio.com.au">www.mobilephysio.com.au</a></p>   | <p><b>How do I refer to this service?</b></p> <p>To obtain a copy of the referral form or more information contact:</p> <p>Xtra HomeCare<br/> Tel: (08) 8357 4988<br/> Fax: (08) 8299 0410<br/> Mobile: 0404 650 207<br/> <a href="http://www.physioextra.com/xtra-homecare/">www.physioextra.com/xtra-homecare/</a></p>  |

## Private in-home Occupational Therapy options

Home-based Occupational Therapy can be arranged for patients who would prefer services in their home or if they are too ill or immobile to go to a day therapy centre or health facility. In addition to Domiciliary Care and some Day Therapy Centres, some private practitioners may offer a home visiting service.

It is worth checking with a patient's usual or local provider to see if they can visit the patient in the home. Alternately, there are practices which provide this service as their core business.



| Living to the Max Occupational Therapy Services   | Enhance Occupational Therapy  |
|---|---|
| <p><b>What is it?</b></p> <p>This service offers occupational therapy for adults in their home. The primary goal is to enable people to participate in the activities of everyday life.</p> <p>This often includes an assessment of daily activities and/or home safety, followed by, in consultation with the patient, the prescription of home modifications, assistive equipment or linkage with other services – all with the ultimate objective of maintaining independence.</p> | <p><b>What is it?</b></p> <p>This service provides home visiting occupational therapy to all metropolitan suburbs of Adelaide. Occupational Therapists visit the home at a time that suits the client, their carer or family member.</p> <p>The service offers one-off consultations, on-going rehabilitation or case management depending on the individual's needs and requests. The occupational therapist works with other health care professionals (when required) to provide a complete home care service.</p> |
| <p><b>Cost</b></p> <p>Phone the office for Living to the Max office for details.</p>  | <p><b>Cost</b></p> <p>Phone the Enhance Occupational Therapy office for details.</p>  |
| <p><b>Who is eligible?</b></p> <p>Living to the Max Occupational Therapy Services is suited to older individuals who wish to maintain their independence, remain living at home and who prefer an in-home service.</p> <p>The greater Adelaide region is serviced.</p>  | <p><b>Who is eligible?</b></p> <p>This service is suited to individuals who require:</p> <ul style="list-style-type: none"> <li>&gt; Home Safety &amp; Activities of Daily Living assessments</li> <li>&gt; Advice on equipment and aids to increase safety &amp; independence at home</li> <li>&gt; Fall prevention and advice</li> <li>&gt; Home modifications</li> <li>&gt; Assistance with managing at home due to illness, injury or disability</li> </ul>   |
| <p><b>How do I refer to this service?</b></p> <p>To obtain a copy of the referral form or obtain more information contact:</p> <p>Living to the Max Occupational Therapy Services</p> <p>Tel: (08) 8331 0566<br/> Fax: (08) 8331 0277<br/> Email: <a href="mailto:admin@livingtothemax.com.au">admin@livingtothemax.com.au</a><br/> <a href="http://www.livingtothemax.com.au">www.livingtothemax.com.au</a></p>  | <p><b>How do I refer to this service?</b></p> <p>To obtain a copy of the referral form or obtain more information contact:</p> <p>Enhance Occupational Therapy<br/> Tel: (08) 8276 3355<br/> Fax: (08) 8276 3377<br/> <a href="http://www.enhanceot.com">www.enhanceot.com</a></p>  |

## Vestibular services – private

| Business name and physiotherapist  | Address   | Contact  |
|--|---|--|
| <b>Unley Physiotherapy</b><br>Ann Buchan, Jeannie Burnett and Pheobe Steinfeld | 160 Unley Rd<br>Unley SA 5061                               | Tel: (08) 8373 2132<br><a href="mailto:ann@unleyphysio.com.au">ann@unleyphysio.com.au</a>  |
| <b>Dizziness and Balance Disorders Centre</b><br>Professor Dr Margie Sharpe    | Level 2, 70<br>Hindmarsh Square<br>Adelaide SA 5000         | Tel: (08) 7087 2141<br>Fax: (08) 8232 1139<br><a href="mailto:info@dizzinessbalancedisorders.com.au">info@dizzinessbalancedisorders.com.au</a><br><a href="http://www.dizzinessbalancedisorders.com.au">www.dizzinessbalancedisorders.com.au</a> |
| <b>James McLoughlin Neurophysiotherapy PhysioSmart</b>                         | 296 Payneham Rd<br>Payneham SA 5070                         | Tel: (08) 8363 0458<br>Fax: (08) 8363 0675<br><a href="mailto:admin@neurophysiotherapy.com.au">admin@neurophysiotherapy.com.au</a><br><a href="http://www.neurophysiotherapy.com.au">www.neurophysiotherapy.com.au</a>                           |
| <b>Edwina Reid Neurophysiotherapy</b>  | 76b Kensington Rd<br>Rose Park SA 5067                      | Tel: (08) 8331 2700<br>Fax: (08) 8331 2702<br>Mobile: 0412 698 844<br><a href="mailto:edwina@neurophysio.com.au">edwina@neurophysio.com.au</a><br><a href="http://www.neurophysio.com.au">www.neurophysio.com.au</a>                             |
| <b>Susan Hillier</b>   | Home visits and<br>clinic work                              | Tel: 0419 034 578  |
| <b>Tamina Levy Neurophysiotherapy</b>  | 5/259 Unley Rd<br>Malvern SA 5061                           | Mobile: 0409 282 210   |
| <b>Karyn Powell Neurological Physiotherapy and Rehabilitation</b>              | Blackwood Health Centre<br>210 Main Rd<br>Blackwood SA 5051 | Tel: (08) 8278 7444<br>Fax: (08) 8370 2675<br><a href="mailto:kpowellphysio@internode.on.net">kpowellphysio@internode.on.net</a>   |



## Vestibular services – public/university

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

\*resource only



## Continence services

The listed continence health professionals provide 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  |
|--|--|--|
| <b>RDNS</b>  | > Various programs available, please call to discuss | Any health professional or self referral<br>> Phone: 1300 364 264<br>> Online: <a href="http://www.silverchain.org.au">www.silverchain.org.au</a><br>> Fax: (08) 8378 5383   |
| <b>Resthaven – Northern and Paradise Therapy Services</b><br>16 Gillingham Rd, Elizabeth, SA 5112<br><br>61 Silkes Rd, Paradise, SA 5075 | > 65 years of age                                    | Any Health professional or self referral<br>> See page 10 for the Central and Northern Adelaide Local Health Networks day therapy centre referral form<br>> Northern: Tel: (08) 8252 6811<br>Fax: (08) 8252 6822<br>> Paradise: Tel: (08) 8337 4371<br>Fax: (08) 8336 9952 |
| <b>Public hospitals</b><br>Lyell McEwin Hospital<br>Family Clinic<br>Haydown Rd, Elizabeth Vale, SA 5112                                 | > Women only   | Any health professional or self referral<br>> Contact the Family Clinic to refer:<br>Tel: (08) 8282 1614<br>Fax: (08) 8282 1615  |
| Lyell McEwin Hospital<br>Allied Health Department<br>Haydown Rd, Elizabeth Vale, SA 5112   | > Men and women                                      | Any health professional or medical practitioner referral<br>> Contact the Allied Health Department to refer to the Continence Physiotherapist at:<br>Tel: (08) 8182 9288<br>Fax: (08) 8182 9440 or<br>Continence Nurse Practitioner<br>Tel: (08) 8182 9000 p.6187          |
| The Queen Elizabeth Hospital<br>Women's Health<br>28 Woodville Rd, Woodville, SA 5011  | > Women only all ages                                | Any health professional or self referral<br>> Contact Women's Health to refer:<br>Tel: (08) 8222 6000 ask for Outpatient Department<br>Fax: (08) 8222 7244   |
| Royal Adelaide Hospital<br>Women's Health Centre<br>14 North Tce, Adelaide, SA 5000  | > Women only GP referral req.                        | Any health professional or medical practitioner referral<br>> Contact the Women's Health Centre to refer to the Women's Health and Continence Physiotherapist at:<br>Tel: (08) 8222 5587<br>Fax: (08) 8222 5645  |

| Service   | Eligibility | Who can refer and how  |
|---|-------------|--|
| <b>Private physiotherapist</b><br>Australian Physiotherapy Association (APA)<br>South Australian Office | Anyone      | Any health professional or self referral<br>> To find your nearest specialist private women's health and continence physiotherapist, contact the APA on:<br>Ph: (08) 8362 1355<br><a href="http://www.physiotherapy.asn.au">www.physiotherapy.asn.au</a><br>and select 'find a physio' |

### 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:

- > Bladder Bowel website: [www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)
- > National Continence Helpline: 1800 330 066

### 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](http://www.dva.gov.au/service_providers/rap/Pages/index.aspx)

## Resources

**SA Continence Resource Centre**

[www.dcsi.sa.gov.au](http://www.dcsi.sa.gov.au)

Telephone: 1300 885 886

[www.continence.org.au](http://www.continence.org.au)

**Continence Foundation of Australia**

[www.continencesa.org.au](http://www.continencesa.org.au)

Telephone: (08) 8266 5260

**SA Independent Living Centre**

[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)

Telephone: 1300 885 886 or

(08) 8266 5260

## Relevant services

| Organisation   | Website  | Telephone  |
|--|--|--|
| Aboriginal Health Council of SA                                      | <a href="http://www.ahcsa.org.au">www.ahcsa.org.au</a>   | (08) 8273 7200   |
| Access2HomeCare  | <a href="http://www.sa.gov.au">www.sa.gov.au</a>   | 1300 130 551   |
| Active Ageing Australia  | <a href="http://www.activeageingaustralia.com.au">www.activeageingaustralia.com.au</a>   | (08) 8362 5599   |
| Aged Care Information Line   | <a href="http://www.agedcareaustralia.gov.au">www.agedcareaustralia.gov.au</a>   | 1800 200 422   |
| Alzheimers Australia   | <a href="http://www.fightdementia.org.au">www.fightdementia.org.au</a>   | 1800 100 500   |
| Arthritis SA   | <a href="http://www.arthritisaustralia.org.au">www.arthritisaustralia.org.au</a>   | (08) 8379 5711   |
| Australian Association of Social Workers                             | <a href="http://www.aasw.asn.au">www.aasw.asn.au</a>   | (08) 8463 5911   |
| Australian Physiotherapy Association                                 | <a href="http://www.physiotherapy.asn.au">www.physiotherapy.asn.au</a>   | (08) 8362 1355   |
| Australian Podiatry Association SA                                   | <a href="http://www.podiatrysa.net.au">www.podiatrysa.net.au</a>   | (08) 8210 9408   |
| Australian Psychological Society                                     | <a href="http://www.psychology.org.au">www.psychology.org.au</a>   | 1800 333 497   |
| Carers SA  | <a href="http://www.carers-sa.asn.au">www.carers-sa.asn.au</a>   | 1800 242 636   |
| Community GEM (Northern)   |  | (08) 7321 4014   |
| Continence Resource Centre SA  | <a href="http://www.continencesa.org.au">www.continencesa.org.au</a>   | (08) 8266 5260   |
| COTA Seniors Voice   | <a href="http://www.cotasa.org.au">www.cotasa.org.au</a>   | 1800 182 324   |
| Dementia Behaviour Management Advisory Service                       | <a href="http://www.dbmas.org.au">www.dbmas.org.au</a>   | 1800 699 799   |
| Department of Veteran Affairs  | <a href="http://www.dva.gov.au">www.dva.gov.au</a>   | 133 254  |
| Diabetes SA  | <a href="http://www.diabetessa.com.au">www.diabetessa.com.au</a>   | 1300 136 588   |
| Dietitians Association of Australia                                  | <a href="http://www.daa.asn.au">www.daa.asn.au</a>   | 1800 812 942   |
| Disability SA  | <a href="http://www.disability.sa.gov.au">www.disability.sa.gov.au</a>   | 1300 786 117   |
| Domiciliary Care SA  | <a href="https://www.sa.gov.au/topics/community-support/in-home-care/domiciliary-care">https://www.sa.gov.au/topics/community-support/in-home-care/domiciliary-care</a>                | 1300 295 673 (enquiries)<br>1300 130 551 (referrals)   |
| Ethnic Link Services   | <a href="http://www.ucwpa.org.au">www.ucwpa.org.au</a>   | (08) 8241 0201   |
| Falls Prevention Team  |  | 1300 0 FALLS<br>(1300 0 32557)<br>NALHN (08) 7321 4014<br>CALHN (08) 8342 8615<br>SALHN (08) 7425 8248 |
| Guide Dogs SA.NT<br>Vision Service, Hearing Service, Sensory Service | <a href="http://www.guidedogs.org.au">www.guidedogs.org.au</a>   | 1800 738 855<br>(08) 8203 8333   |
| Health Direct Australia  | <a href="http://www.healthdirect.org.au">www.healthdirect.org.au</a>   | 1800 022 222   |
| Home Medicines Review  | <a href="http://www.5cpa.com.au/programs/medication-management-initiatives/home-medicines-review">www.5cpa.com.au/programs/medication-management-initiatives/home-medicines-review</a> | Refer client to GP   |
| Independent Living Centre SA   | <a href="http://ilaustralia.org.au/contact_us/south_australia">ilaustralia.org.au/contact_us/south_australia</a>   | (08) 8266 5260   |



| Organisation                                   | Website  | Telephone                      |
|--|--|--------------------------------|
| Meals on Wheels                                | <a href="http://www.mealsonwheels.org.au">www.mealsonwheels.org.au</a>           | (08) 8271 8700<br>1800 854 453 |
| Metropolitan Referral Unit                     |  | 1300 110 600                   |
| Northern Medicare Local                        | <a href="http://www.naml.com.au">www.naml.com.au</a>                             | (08) 8209 0700                 |
| NPS Medicines Line                             | <a href="http://www.nps.org.au">www.nps.org.au</a>                               | 1300 633 424                   |
| Optometrists Association Australia             | <a href="http://www.optometrists.asn.au">www.optometrists.asn.au</a>             | (03) 9668 8500                 |
| Osteoporosis Association Australia             | <a href="http://www.osteoporosis.org.au">www.osteoporosis.org.au</a>             | (08) 8379 5711<br>1800 242 141 |
| OT Australia                                   | <a href="http://www.otaus.com.au">www.otaus.com.au</a>                           | (08) 8332 6611                 |
| Personal Alert Systems Rebate Scheme           | <a href="http://www.sa.gov.au/seniors">www.sa.gov.au/seniors</a>                 | 1300 700 169                   |
| Preventive Care Centre RAH<br>(hip protectors) |  | (08) 8222 5219                 |
| RDNS   | <a href="http://www.silverchain.org.au/sa/">www.silverchain.org.au/sa/</a>       | 1300 364 264                   |
| Royal Society for the Blind                    | <a href="http://www.rsb.org.au">www.rsb.org.au</a>                               | (08) 8417 5555<br>1800 675 554 |
| SA Ambulance Service cover                     | <a href="http://www.saambulance.com.au">www.saambulance.com.au</a>               | 1300 136 272                   |
| South Australian Falls Prevention              | <a href="http://www.fallssa.com.au">www.fallssa.com.au</a>                       |                                |
| Seniors Information Service                    | <a href="http://www.seniors.asn.au">www.seniors.asn.au</a>                       | (08) 8168 8776                 |
| Telecross                                      | <a href="http://www.redcross.org.au/telecross">www.redcross.org.au/telecross</a> | (08) 8100 4697<br>1300 885 698 |

**Other contacts:**

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## 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](http://www.sahealth.sa.gov.au/safetyandquality).

Toolkit consists of:

- > Contents page
- > Guide to using the toolkit
- > Falls risk assessment form
- > Falls risk review form
- > Reporting guide for fall incidents
- > Post fall management protocol
- > Post fall team review process

### 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](http://www.sahealth.sa.gov.au/safetyandquality) then select the link "Preventing falls and harm from falls" tab.



### Falls SA website

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

[www.fallssa.com.au](http://www.fallssa.com.au)



### Service directories

Available electronically and updated regularly

For most recent version of directory:

Telephone: 1300 0 FALLS (1300 0 32557)

Northern:

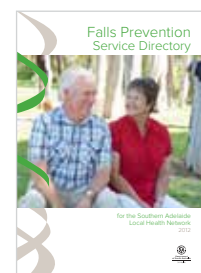
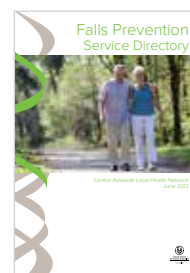
Email: [gillian.bartley@health.sa.gov.au](mailto:gillian.bartley@health.sa.gov.au)

Southern:

Email: [kerryn.davis@health.sa.gov.au](mailto:kerryn.davis@health.sa.gov.au)

Central:

Email: [shirley.rasiah@health.sa.gov.au](mailto:shirley.rasiah@health.sa.gov.au)



### Falls prevention e-learning tool

The toolkit is available for all SA Health staff  
[www.digitalmedia.sahealth.sa.gov.au](http://www.digitalmedia.sahealth.sa.gov.au)

## Don't Fall for it. Falls can be prevented

The Don't fall for it – falls can be prevented booklet is a guide to preventing falls for older people. It is aimed at older people living in the community and their families and carers. It has information about three aspects of falls prevention:

The booklet is available electronically or copies can be ordered through the safety and quality website:

[www.sahealth.sa.gov.au/safetyandquality](http://www.sahealth.sa.gov.au/safetyandquality) - select the link "Preventing Falls and Harm from Falls" tab



## Falls 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](http://www.sahealth.sa.gov.au/safetyandquality) - select the link "Preventing Falls and Harm from Falls" tab

- > 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 a Haven
- > Fact Sheet 9: Strong and Steady



## Falls Posters

Five posters are available electronically through the Safety and Quality website:

[www.sahealth.sa.gov.au/safetyandquality](http://www.sahealth.sa.gov.au/safetyandquality) - select the link "Preventing Falls and Harm from Falls" tab



## NALHN Falls Fact Sheets

Three new resources are available on the NALHN intranet. Select "NSQHS Standards" followed by "Standard 10".

NALHN Falls Self Screening Checklist


NALHN Community Falls Information Sheet

NALHN Maternity Falls Fact Sheet

**Mums can fall too!**  
Northern Adelaide Local Health Network

As a new mother you have an increased risk of falling if you:

- Are very tired, disorientated or drowsy
- Have had an epidural, spinal, general anaesthetic, sedation or pain relief medication
- Have had bleeding during pregnancy, birth or following birth
- Have certain medical conditions such as epilepsy, low blood pressure or diabetes
- Are wearing loose footwear or socks / surgical stockings without shoes
- Have a visual or physical impairment



You can reduce your risk of falling in hospital by:

- Using your call bell if you require assistance
- Taking your time when getting up from sitting or lying down. Let staff know if you feel unwell or unsteady on your feet
- Using stable objects for support
- Wearing safe footwear. Only walk around in socks or surgical stockings with non-slip soles
- Using a shower chair when showering
- Using the rails to get off the chair or the toilet. If you feel unsafe in the bathroom, remain seated
- Familiarising yourself with your room and bathroom
- Being aware of any hazards and letting staff know when you see them
- Turning on the light before getting out of bed and before going into the bathroom
- Encourage your visitors to make sure that the bedside is clear when they leave and that any extra chairs or obstacles are put away

If you or your baby do have a fall – it is very important that you let your nurse know

**How safe are you from falling?**  
Northern Adelaide Local Health Network


If you are over 50, take a few moments to complete this checklist. If you answer "yes" to any of the following questions, you can do something now by discussing with your health professional at your next appointment. They can help you to link with services to assist you.

Talk to your health care provider about reducing your risk of falling if you:

- have experienced a fall in the last year or are concerned about falling
- are experiencing dizziness or funny turns
- have had a recent change in your health
- are regularly taking sleeping tablets, tranquillisers or antidepressants
- are taking four or more different types of medications
- have difficulty getting up from a chair
- have poor balance when walking
- have sore or misshapen feet
- have not had your eyes checked in the past 12 months
- need to get up to go to the toilet more than three times in the night
- do less than 30 minutes of physical activity in a day on most days of the week (such as housework, gardening or bowls).

Your falls risk may be increased if you have any of the following health conditions:

- problems with your heart, blood pressure or circulation
- stroke, Parkinson's Disease or other neurological condition
- diabetes
- increased risk of fracture due to osteoporosis or other condition
- increased risk of bleeding due to blood thinning medications or other condition.





For more information

**Falls Prevention Team  
Northern Adelaide Geriatric Service  
Northern Adelaide Local Health Network  
PO BOX 550  
Modbury SA 5092  
Telephone: 1300 0 FALLS (1300 0 32557) or 7321 4014  
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.



[www.ausgoal.gov.au/creative-commons](http://www.ausgoal.gov.au/creative-commons)



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