

# Referral guide to Falls Prevention Services

## Triggers for referral:

- > Recent hospital admission, Emergency Department presentation, or SA Ambulance Service callout for a fall
- > Client reports having had a fall, trip, or slip (with or without injury)
- > Client appears unsteady
- > Assessment reveals:
  - Balance decline
  - Risk factors for falls
  - Increased likelihood of injury in the event of a fall

## When determining what service options are most suitable consider:

- > Is a comprehensive falls risk screen/assessment required?
- > What is the level of urgency?
- > What is the level of complexity?

## Falls and injury risk level

The patient's risk factors are **few and simple**.

**For example:** Reduced strength or unsafe bathroom set-up.

The patient has been identified as having multiple risk factors

**For example:** Reduced balance, foot care and home safety issues

OR would benefit from a comprehensive falls risk factor assessment/plan

For patients who are at **high risk** of falling and/or have a complex medical picture.

**For example:** Dizziness, polypharmacy, cognitive impairment, history of fracture.

Depending on needs, consider referral to:

- > **Day Therapy Centre**
- > **Strength for Life – Fitness and Balance Program**
- > Private Provider (Physiotherapist, OT, podiatrist, exercise physiologist) using private health cover, DVA or Medicare TCA/GPMP
- > Other Community Exercise Group

Refer to or intensify existing services at:

- > **Southern Community Falls Prevention Team**
- > **Day Therapy Centre**
- > DVA for assessment (via GP referral) if eligible.
- > Existing Home Care Package.
- > Other relevant services- e.g. Domiciliary Care

Refer to:

- > **Falls Assessment Clinic –** which is a geriatrician-led multidisciplinary service
- > Refer the client directly to a specialist geriatrician if required
- > For hospital avoidance services **Metropolitan Referral Unit (MRU)**

**Not Sure?** For assistance in determining the appropriate service-

Refer to **Southern Community Falls Prevention Team (SCFPT)**

OR Phone **1300 0 FALLS (1300 0 32557)** to speak with a member of the SCFPT

For other Falls Prevention Services: **Southern Falls Prevention Service Directory**