

## Referral guide to falls prevention services for ≥65yo & ≥50yo ATSI

### 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
- > Your clinical assessment reveals:

Falls risk factors: e.g. history of falls, multiple medical conditions, polypharmacy, psychotropic medications, unsteady gait, poor balance, reduced physical activity, sensory loss, cognitive changes, incontinence, weight loss, unsafe footwear, home environment hazards, decline in function

Increased risk of injury e.g. fracture history, osteoporosis, anticoagulation.

### When determining a falls care plan, what service options are most suitable?

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

#### Falls and injury risk factors



The consumer has **few and simple** risk factors

For example: reduced strength or wearing bifocals

The consumer has **multiple** risk factors

For example: reduced balance, foot care and home safety issues

The consumer is at **high risk** of falling and has a **complex** medical picture

For example: dizziness, polypharmacy, cognitive impairment, history of fragility fracture, poor vision and further tests/ investigations required

Depending on consumer needs, consider:

- Education/ information (Falls fact sheets, Don't Fall for It booklet)
- Strength for Life 50+
- Centre for Physical Activity in Ageing
- My Aged Care
- Private allied health providers & nursing
- Medicare allied health rebate schemes via GP
- Department of Veterans Affairs allied health & nursing via GP

Consider intensification of current services or referrals via:

#### My Aged Care for

- Allied health & nursing
- Falls & balance programs
- Occupational Therapy home safety assessment
- Commonwealth Home Support Programme

Refer to low risk column for other strategies

These consumers will need further assessment & some coordination (consider GP support)

Refer to:

- [Falls Assessment Clinic](#) for geriatrician-led multidisciplinary assessment
- Outpatient geriatrician assessment via GP
- [Metropolitan Referral Unit](#) via GP for hospital avoidance services
- [Multi-Disciplinary Community Geriatric Service](#)

**Not sure?** For assistance in determining the appropriate service, refer to CALHN Community Falls Prevention Service on 8222 8867

Or Phone 1300 0 FALLS (1300 0 32557) to speak with your local falls team