

Notification of non-attendance:

The Falls and Balance Clinic must be notified if a client is unable to attend the nominated clinic appointment. Where possible, advance notice should be provided to staff.

OUR SHARED VISION:

We will be a leading regional health care provider delivering timely high quality accessible, integrated and responsive services to the Gippsland community.

OUR CORE VALUES:

- Person Centred Care
- Integrity
- Excellence
- Working Together

YOUR RIGHTS AND RESPONSIBILITIES:

If you would like a copy of the Rights and Responsibilities brochure you may either request one from a member of the CRS team or by contacting the hospital direct on 5173 8000.

LRH9952

WHO DO I CONTACT?

If you would like to make a referral or obtain further information about the program please contact:

Falls and Balance Clinic
(03) 5173 8383 - telephone
(03) 5173 8386 – facsimile

Hours of operation:
Monday: 1pm – 4pm (Reviews)
Wednesday: 9am – 4pm (Assessment)
Closed Public Holidays

Location:
Latrobe Regional Health - Allied Health
Department
Princes Street (Highway)
Traralgon, VIC

Falls and Balance Specialist Clinic

- A part of Sub-acute Ambulatory Care Services (SACS)
- A Health Independence Program

Endorsed by LRH consumers August 2017
Revised November 2021

Falls and Balance Specialist Clinic

**ARE YOU OR SOMEONE YOU KNOW
HAVING UNEXPLAINED FALLS?**

WHAT IS THE FALLS AND BALANCE CLINIC?

The Falls and Balance Clinic provides assessment and management of clients who have experienced falls in their home/community environment or who have mobility or balance problems that place them at significant risk of falls.

The clinic provides specialist multi-disciplinary services including Geriatric Medicine, Physiotherapy and Occupational Therapy. The primary function of the clinic is to provide a comprehensive assessment and review of clients.

The clinic liaises with your General Practitioner (GP). A report including recommendations for management will be sent to you and your GP.

Referrals:

The preferred source of referral to the clinic is your GP. In addition, Allied Health professionals, community service providers and agencies including the Aged Care Assessment Team can refer clients to the clinic.

EXCLUSION CRITERIA:

Clients who are primarily non-ambulant e.g. using a wheelchair. Clients who are a permanent resident of an Aged Care Facility. Clients who have a severe cognitive impairment.



INITIAL APPOINTMENT:

Clients and their GP are contacted when a referral is received. Appointments are arranged once all the relevant information has been obtained from the GP.

At the initial assessment you will be seen by the Geriatrician, Physiotherapist and Occupational Therapist, which may take up to 3 hours. Attendance by family members and/or carers is welcome.

RECOMMENDATIONS:

The report with recommendations is sent to you and your GP. Included in the report is a range of recommendations aimed at reducing your risk of falling and improving your quality of life, mobility and function. These may include:

- Recommendations regarding adjustment to and simplification of medications Mobility aid review, prescription and training
- Recommendations regarding home set-up
- Prescription of aids and equipment to increase safety
- Balance, strength and flexibility retraining programmes
- Education and training for clients and family/carers

The clinic does not provide ongoing therapy or treatment. Referrals to

appropriate service providers for ongoing management are arranged as required. When appropriate, referral for additional specialist assessments may also be made.

REVIEW:

Clients are reviewed at the clinic 6 months following their initial assessment. This session is relatively brief (up to 1 hour) and involves review of the management plan and its effectiveness in preventing your falls.

EDUCATION:

The clinic also has a role in providing education and training to health professionals and the community regarding the best practice for management of falls and balance problems.

Staff are available to conduct presentations to Community Groups and Service Providers.

HOW MUCH WILL IT COST?

The Falls and Balance Clinic is a free service.

Interpreter Services:

Interpreters are arranged if necessary at no cost to you.