The Falls Prevention Service Directory is an important resource for health professionals working with older adults who are at risk of falls. This directory aims to assist clinicians in linking consumers with the right services at the right time. It provides information on a range of falls prevention services.

**The Importance of Falls prevention**

Falls represent a common and significant problem, especially in our elderly population. Approximately 30 to 40% 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.

Falls are the leading cause of injury related hospitalisation with statistics showing that in 2016, 21,120 people were admitted to a South Australian public hospital injured after a fall. About 65 percent of who were over 65. That figure is about ten times higher than the 1,927 people of all ages admitted to hospital for motor vehicle injuries.

Falls are not a normal part of ageing, however can occur for a number of reasons. These could include changes in health, muscle weakness, reduced balance, medications, reduced vision and hearing, weight loss, foot pain, poor foot wear and environmental hazards. Falls can result in injury and reduced function which can have a major impact on the health and wellness of our community. A multidisciplinary approach to address falls risk factors has been shown to reduce the risk of falling.

**The Central Adelaide Local Health Network (CALHN) Community Falls Prevention Service** was established to provide comprehensive falls assessment through two multidisciplinary Falls Assessment Clinics. The service offers a triage and care coordination service for community living older persons who have experienced multiple and complex falls.

**Central Adelaide Local Health Network**

CALHN provides care for 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. Skilled staff provide high quality client care, education, research and health promoting services.

CALHN provides a range of acute and sub-acute health services for people of all ages and includes:

- Royal Adelaide Hospital
- The Queen Elizabeth Hospital
- Hampstead Rehabilitation Centre
- St Margaret’s Hospital
- Ambulatory and Primary Health Service
- Sub-Acute and Mental Health

**Central Area Geriatric Services**

- Geriatric Evaluation and Management Unit (TQEH)
- Community-based Older Persons Mental Health Service
- Inpatient acute care of older people services
- Inpatient Geriatric consultative services
- Falls Assessment clinics (TQEH and Sefton Park PHC)
- Multi-D Community Geriatric Service
- Transition Care Programme
- ACAT (Aged Care Assessment Team)
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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 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

<table>
<thead>
<tr>
<th>The consumer has few and simple risk factors</th>
<th>The consumer has multiple risk factors</th>
<th>The consumer is at high risk of falling and has a complex medical picture</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: reduced strength or wearing bifocals</td>
<td>For example: reduced balance, foot care and home safety issues</td>
<td>For example: dizziness, polypharmacy, cognitive impairment, history of fragility fracture, poor vision and further tests/investigations required</td>
</tr>
</tbody>
</table>

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:
- **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**

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

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
Falls Assessment Clinics

<table>
<thead>
<tr>
<th>Region</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central</td>
<td>Sefton Park Primary Health Care Service Shop 5 / 221 Main North Road SEFTON PARK SA 5083</td>
<td>1300 0 FALLS (1300 0 32557) or 8222 8867</td>
<td>1300 724 900</td>
</tr>
<tr>
<td>Western</td>
<td>The Queen Elizabeth Hospital 28 Woodville Road Woodville South SA 5011</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 the Central 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

Note: permanent residents of aged care facilities are not eligible for this service

How do I refer to a falls clinic?
To refer to a falls clinic, use the Central Adelaide Local Health Networks Falls Assessment clinic referral form in page 6.
Central Adelaide Local Health Network
Falls Assessment Clinic referral form

To Falls Assessment Clinic Fax No: 1300 724 900 Ph: 8222 8867

From

Organisation Designation

Date Contact phone

☐ Urgent

Patient details (please print clearly) GP details (please print clearly)

Name Name

Street Practice name

Suburb Address

Phone number Phone number

Date of birth Fax number

Contact person GP Signature: (if referral from GP)

Interpreter required ☐ No ☐ Yes Language

Criteria for eligibility (please tick) * Indicates mandatory criterion

☐ * Lives in the Central Adelaide Local Health Network

☐ * Client consents to referral

☐ * Aged 65 or older or Aboriginal and Torres Strait Islander aged 50 or older

☐ * Has had 2 or more falls in the past 12 months or has had one fall with serious injury in the past 12 months

☐ * Has not had recent review by geriatrician or multidisciplinary team

☐ * Multiple co-morbidities

☐ Does not have an acute fracture or acute illness (is medically stable)

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

Is the client receiving other community services? ☐ No ☐ Yes (specify)

☐ Community package – provider: ______________________

☐ Dom. Care ☐ DVA Gold/White Card

☐ Private ☐ Disability SA ☐ 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).
Community Therapy Services

Are funded through the Commonwealth Home Support Program. They provide services such as physiotherapy, occupational therapy, exercise physiology, social work and podiatry to older persons living in the community. Some services also specialise in speech therapy, dietetics, continence nurse advisors. These services may be provided individually or in groups. Services vary at each site.

They aim to provide:
- Rehabilitation
- Maintenance of function, independence, maximise skills and coping
- Prevention through health promotion and information.

Cost?
There is a cost to clients who receive services from an Allied Health Service provider. The fees are capped if multiple services are accessed from the same provider. Contact the service provider regarding the fee structure and costs. Some service providers may have a fee reduction or waiver process in place.

Who is eligible?
Individuals who are:
- Over 65 years of age and Aboriginal and Torres Strait Islander peoples over 50 years of age – some exceptions to this are possible
- Living in the community
- People seeking to maintain or help restore physical, cognitive and functional ability.

How do I refer?
All referrals for Allied Health Services are via the My Aged Care website www.myagedcare.gov.au or Contact Centre 1800 200 422.
## Community Therapy Services

<table>
<thead>
<tr>
<th>Suburb</th>
<th>Organisation/Street</th>
<th>Phone</th>
<th>Facsimile</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Glynde</td>
<td>LHI Retirement Services, 24 Avenue Rd, 5070</td>
<td>8336 0111</td>
<td>8365 6351</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.lhi.org.au">www.lhi.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Grange</td>
<td>Anglicare, St Laurences Court, 56 High St, 5022</td>
<td>8305 9510</td>
<td>8305 9595</td>
</tr>
<tr>
<td>3. Greenacres</td>
<td>ECH, 1/19-21 Fosters Rd, 5086</td>
<td>8361 5350</td>
<td>8361 5399</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.ech.asn.au">www.ech.asn.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Hendon</td>
<td>Eldercare, Acacia Court, 81 Tapleys Hill Rd, 5014</td>
<td>8243 1844</td>
<td>8243 0430</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.eldercare.net.au">www.eldercare.net.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Henley Beach</td>
<td>ECH, Seaside Wellness, 168A Cudmore Tce, 5022</td>
<td>8356 3169</td>
<td>8356 7014</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.ech.asn.au">www.ech.asn.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Largs Bay</td>
<td>Southern Cross Care, Philip Kennedy Rehabilitation Services, 477-479 Military Rd, 5016</td>
<td>8242 2985</td>
<td>8249 9617</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.southerncrosscare.com.au">www.southerncrosscare.com.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Myrtle Bank</td>
<td>Southern Cross Care, Lourdes Valley Rehabilitation Services, 18 Cross Rd, 5064</td>
<td>8433 0475</td>
<td>8338 6790</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.southerncrosscare.com.au">www.southerncrosscare.com.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Newton</td>
<td>ACH, 163 Montacute Rd, 5074</td>
<td>8360 9433</td>
<td>8357 3255</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.ach.org.au">www.ach.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. North Adelaide</td>
<td>Helping Hand, Healthy Ageing, 49 Buxton St, 5006</td>
<td>8285 0999</td>
<td>8285 1744</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.helpinghand.org.au">www.helpinghand.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. North Plympton</td>
<td>Southern Cross Care, The Pines Rehabilitation Services, 336 Marion Rd, 5037</td>
<td>8179 6825</td>
<td>8297 7615</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.southerncrosscare.com.au">www.southerncrosscare.com.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Paradise</td>
<td>Resthaven, 61 Silkes Rd, 5075</td>
<td>8337 4371</td>
<td>8336 9952</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.resthaven.asn.au">www.resthaven.asn.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Payneham</td>
<td>Life Care Active, 230 Portrush Rd, 5070</td>
<td>8168 7600</td>
<td>8336 2788</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.lifecare.org.au">www.lifecare.org.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Prospect</td>
<td>Uniting Communities, 332 Regency Rd, 5082</td>
<td>8202 5900</td>
<td>8342 3398</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.unitingcommunities.org">www.unitingcommunities.org</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Westbourne Park</td>
<td>Anglicare, 56 Monmouth Road Westbourne Park 5041</td>
<td>7088 2200</td>
<td>7088 2250</td>
</tr>
</tbody>
</table>
Strength for Life

What is the Strength for Life Program?
Developed and governed by Council On The Ageing (COTA) SA, this program provides strength training sessions at multiple venues across metropolitan greater Adelaide.
The program provides:
- Supervised strength training sessions
- Minimum of two sessions per week
- Assessments for all clients by an appropriate fitness professional and a personalised program.

There are 2 Categories:
- Tier 1: Delivered by Exercise Physiologists or Physiotherapists
- Tier 2: Delivered by Fitness Instructors

Cost
Small fees do apply. 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 over 40 years.

How do I refer?
Health Professionals can refer to the program by completing the referral form accessed from website below. A list of current providers in, and around the Central metropolitan region is also in this directory. Clients can contact the chosen service provider to start their program. Transport is not provided.
For more information contact COTA SA

COTA SA
16 Hutt Street, Adelaide, SA 5001
Tel: (08) 8232 0422
Fax: (08) 8232 0433
Email: cotasa@cotasa.org.au
Web: www.cotasa.org.au
Tai Chi
Research shows that Tai Chi is one of the most effective exercises to help in the prevention of falls. It aims to improve balance and prevent further falls. The program will also improve relaxation, fitness and health.

What is Tai Chi?
Tai Chi originates from ancient China, originally developed as a Martial Art. Nowadays it is mainly practiced throughout the world as an effective exercise for health. The slow flowing Tai Chi movements improve muscle strength, balance and confidence as well as aiding relaxation and coordinating body and mind.

Cost
Small fees do apply; contact the individual instructor below for information.

Who is eligible?
Suitable for people who are independent with mobility and transfers and able to participate in a group class.
Tai Chi exercise is performed in standing and involves smooth flowing movements of arms, often co-ordinated with slow stepping and turning. Participants must be able to stand for several minutes unsupported, and be able to cope with narrowed base and slow stepping with co-ordination of arm movements.
Unsuitable for people with moderate or severe balance difficulties.

Finding a service
There are various services throughout Adelaide who offer Tai Chi programs. These programs may be accessed through My Aged Care by phoning 1800 200 422 or vising www.myagedcare.gov.au.
Alternatively local councils (see page 25) & the National Health Service Directory www.nhsd.com.au/ are great resources.
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
Website: www.cpaa.sa.gov.au
Private Falls Assessment and Prevention Program

Confident Steps Balance and Falls Prevention Program
Calvary Rehabilitation Hospital

What is it?
A goal directed 6 week program of exercise and education to improve balance, functional ability and decrease falls risk factors. Prior to commencing the program, patients undergo an individualised assessment with a Rehabilitation Physician, Occupational Therapist and Physiotherapist. Goals are established and an individualised exercise program is provided. A home safety assessment is completed if required.

Cost
This service is generally covered by private health insurance or DVA funding, confirmed individually prior to booking. Excess or co-payment may apply, depending on patient’s insurance cover.

Who is eligible?
Falls clinics are suited to individuals:
> who present with 4 or more 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).

How do I refer to this service?
A referral from a medical practitioner is required. To obtain a copy of the referral form or more information contact:
Calvary Rehabilitation Hospital
18 North East Road Walkerville, SA 5081
Tel: (08) 8269 1450
Fax: (08) 8269 1453
www.calvaryrehabsa.org.au
Private in-home Physiotherapy options

Home-based Physiotherapy can be arranged for people who would prefer services in their home, or if they are unable to attend an Allied Health Service. In addition to Domiciliary Care and some Allied Health Services, some private practitioners may offer a home visiting service.

<table>
<thead>
<tr>
<th>Remedy Healthcare (MobilePhysio)</th>
<th>Xtra HomeCare</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is it?</strong> Mobile Physio has joined the Remedy Healthcare Group, and is a key provider of physiotherapy for older people living in their own homes. Following an initial assessment, a care plan is developed to achieve the patient’s individual treatment goals.</td>
<td><strong>What is it?</strong> Xtra Homecare provides Physiotherapy services in people’s homes. Programs are designed to enable older people to live independently in their homes for as long as possible. Working with Occupational Therapists, a care plan is developed to achieve the patient’s individual treatment goals.</td>
</tr>
<tr>
<td><strong>Cost</strong> Contact Remedy Healthcare for details. Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</td>
<td><strong>Cost</strong> Contact Xtra HomeCare for details. Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</td>
</tr>
<tr>
<td><strong>Who is eligible?</strong> Remedy Healthcare is available to people living in metropolitan Adelaide (Adelaide Hills by appointment). Remedy Healthcare is suited to older individuals who require:  - Physio assessment, treatment and evaluation  - Walking aids and equipment  - Falls Prevention and home assessment  - Rehabilitation  - Home exercises  - Balance training  - Pain relief</td>
<td><strong>Who is eligible?</strong> Xtra HomeCare is suited to individuals who require:  - Physiotherapy assessments, treatments and evaluations  - Physiotherapy assistant led therapy  - Physiotherapy and Physiotherapy assistant treatments for complex conditions  - Falls and balance training and education</td>
</tr>
<tr>
<td><strong>How do I refer to this service?</strong> To obtain a copy of the referral form or more information contact: Remedy Healthcare (previously Mobile Physio) Tel / Fax: (08) 8377 4648 Mobile: 0403 573 449 Website: <a href="http://www.remedyhealthcare.com.au">www.remedyhealthcare.com.au</a></td>
<td><strong>How do I refer to this service?</strong> To obtain a copy of the referral form or more information contact: Xtra Home Care Tel: (08) 8357 4988 Fax: (08) 8299 0410 Mobile: 0404 650 207 Website: <a href="http://www.xtrahomecare.com.au">www.xtrahomecare.com.au</a></td>
</tr>
</tbody>
</table>
Private in-home Occupational Therapy options
Home-based Occupational Therapy can be arranged for people who would prefer services in their home or if they are unable to attend an Allied Health Service. In addition to Domiciliary Care and some Allied Health Services, some private practitioners may offer a home visiting service.

**Living to the Max Occupational Therapy Services**

<table>
<thead>
<tr>
<th>What is it?</th>
<th>Enhance Occupational Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living to the Max offers occupational therapy for older people in their own home. The primary goal is to enable people to participate in the activities of everyday life. 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.</td>
<td>Enhance provides home visiting occupational therapy to all metropolitan suburbs of Adelaide. 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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cost</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Living to the Max for details. Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</td>
<td>Contact Enhance for details. Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who is eligible?</th>
<th>Who is eligible?</th>
</tr>
</thead>
</table>
| 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. The greater Adelaide region is serviced. | This service is suited to individuals in metropolitan suburbs of Adelaide who require:  
  - Home Safety & Activities of Daily Living assessments  
  - Advice on equipment and aids to increase safety & independence at home  
  - Fall prevention and advice  
  - Home modifications |

<table>
<thead>
<tr>
<th>How do I refer to this service?</th>
<th>How do I refer to this service?</th>
</tr>
</thead>
</table>
| To obtain a copy of the referral form or obtain more information contact: Living to the Max Occupational Therapy Services  
Tel: (08) 8331 0566  
Fax: (08) 8331 0277  
Email: admin@livingtothemax.com.au  
Website: www.livingtothemax.com.au | To obtain a copy of the referral form or obtain more information contact: Enhance Occupational Therapy  
Tel: (08) 8276 3355  
Fax: (08) 8276 3377  
Website: www.enhanceot.com |
Falls prevention support for the veteran community

Falls prevention services available through DVA were previously provided as part of the Homefront Program. This program ceased in February 2015, and changes to the Rehabilitation Appliance Program (RAP) have seen the inclusion of several falls prevention items in the program’s National Schedule of Equipment (the Schedule). These changes eliminated unnecessary duplication of assessments between the RAP and the Home Front programme.

Eligibility

If you are a Gold or White Card holder (with assessed need due to an accepted disability), you can access aids or appliances to help you maintain independence in your home through the Rehabilitation Appliances Program (RAP).

- Aids or appliances prescribed through the programme can include:
  - Continence products
  - Mobility and functional support aids
  - Personal Response Systems
  - Home medical oxygen
  - Diabetic supplies
  - Continuous Positive Airways Pressure (CPAP) supplies.

How to obtain an assessment for RAP aids or appliances

RAP appliances are available on the basis of an assessed clinical need made by an appropriately qualified health provider such as a:

- General practitioner
- Occupational therapist
- Physiotherapist
- Speech pathologist (speech therapist).

Your Local Medical Officer (GP) can provide the necessary referral to an appropriate allied health professional who can assess your need for RAP aids and appliances. Your GP can also offer advice and make requests in writing to DVA.

Home Modifications

In certain instances, DVA will fund home modifications for Gold or White Card holders (with assessed need due to an accepted disability) based upon their clinical need as assessed and prescribed by an appropriate health professional.

Further Information

For further information about DVA’s RAP program please call 133 254 (metro) or 1800 555 254 (country). You can visit the website at www.dva.gov.au
Private hospital day therapy options

<table>
<thead>
<tr>
<th>Memorial Hospital Day Rehabilitation Unit</th>
<th>Calvary Rehabilitation Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who is eligible?</strong></td>
<td><strong>Who is eligible?</strong></td>
</tr>
<tr>
<td>Outpatients, previous inpatients, DVA,</td>
<td>Clients requiring input from at least two disciplines. 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.</td>
</tr>
<tr>
<td>workcover, and third party are all</td>
<td></td>
</tr>
<tr>
<td>eligible.</td>
<td></td>
</tr>
<tr>
<td>The full cost of rehabilitation is</td>
<td></td>
</tr>
<tr>
<td>usually covered by the private health</td>
<td></td>
</tr>
<tr>
<td>fund, DVA, WorkCover and third party.</td>
<td></td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td><strong>What services are offered?</strong></td>
<td><strong>What services are offered?</strong></td>
</tr>
<tr>
<td>• Hydrotherapy</td>
<td>• Aquatic physiotherapy</td>
</tr>
<tr>
<td>• Physiotherapy</td>
<td>• Dietetics</td>
</tr>
<tr>
<td>• Occupational therapy</td>
<td>• Occupational therapy</td>
</tr>
<tr>
<td>• Speech pathology</td>
<td>• Physiotherapy</td>
</tr>
<tr>
<td>• Dietetics</td>
<td>• Speech pathology</td>
</tr>
<tr>
<td></td>
<td>• Psychology</td>
</tr>
<tr>
<td></td>
<td>• Group programs for cardiac and pulmonary rehabilitation, oncology reconditioning, confident steps balance and falls prevention group and orthopaedic groups.</td>
</tr>
<tr>
<td><strong>How do I refer to this service?</strong></td>
<td><strong>How do I refer to this service?</strong></td>
</tr>
<tr>
<td>A doctor’s referral is required. Doctors can refer by ringing (08) 8366 3419</td>
<td>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</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>For further information contact</strong></td>
<td><strong>For further information contact</strong></td>
</tr>
<tr>
<td>Ph: (08) 8366 3419</td>
<td>Ph: (08) 8168 5700</td>
</tr>
<tr>
<td>Fax: (08) 8366 3466</td>
<td>Fax: (08) 8344 1430</td>
</tr>
<tr>
<td>Sir Edwin Smith Avenue</td>
<td>18 North East Rd, Walkerville, SA, 5081</td>
</tr>
<tr>
<td>North Adelaide, SA, 5006</td>
<td></td>
</tr>
</tbody>
</table>
## Vestibular services – private

<table>
<thead>
<tr>
<th>Business name and physiotherapist</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
</table>
| **Unley Physiotherapy**           | 3/160 Unley Rd Unley SA 5061  
Ann Buchan  
Jeannie Burnett  
Matthew Crocker  
309 Goodwood Rd Kings Park SA 5034 | Tel: (08) 8373 2132  
Fax: (08) 8373 2007  
Tel: (08) 8357 9032  
Fax: (08) 8271 1086  
info@unleyphysio.com.au | |
| **Dizziness and Balance Disorders** | Level 2, 70 Hindmarsh Square Adelaide SA 5000 | Tel: (08) 7087 2141  
info@dizzinessbalancedisorders.cm.au  
www.dizzinessbalancedisorders.com.au | |
| **James McLoughlin Neurophysiotherapy** | 296 Payneham Rd Payneham SA 5070  
Corner of Caroona & Crombie St Hove SA 5048 | Tel: (08) 8363 0458  
Fax: (08) 8363 0675  
admin@neurophysiotherapy.com.au  
www.neurophysiotherapy.com.au | |
| **Edwina Reid NeuroPhysiotherapy Services** | 76b Kensington Rd Rose Park SA 5067 | Tel: (08) 8331 2700  
Fax: (08) 8331 2702  
admin@neurophysio.com.au  
www.neurophysio.com.au | |
| **Dr. Susan Hillier** | Home visits available | Mobile: 0419 034 578  
Pension discount available | |
| **Tamina Levy Neurophysiotherapy** | 5/259 Unley Rd Malvern SA 5061 | Mobile: 0409 282 210 | |
| **Advance Physio**  
Karyn Powell | Marion Medical Centre  
Suite 1/199 Sturt Rd Seacombe Gardens SA 5047 | Tel: (08) 8296 4500  
Fax: (08) 8296 4500  
Mobile: 0419 840 484  
kpowellphysio@internode.on.net | |
## Vestibular services – public

<table>
<thead>
<tr>
<th>Site name</th>
<th>Physiotherapist</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>RAH (CALHN) North Tce</td>
<td>Physiotherapy Outpatient Service</td>
<td>Tel: (08) 8222 5334 Fax: (08) 8222 4279</td>
</tr>
<tr>
<td>Adelaide SA 5000</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TQEIH (CALHN) 28 Woodville Rd</td>
<td>Rehabilitation Outpatient Physiotherapy</td>
<td>Tel: (08) 8222 7320 Fax: (08) 8222 6100</td>
</tr>
<tr>
<td>Woodville South 5011</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lyell McEwin Hospital (NALHN)</td>
<td>Senior Neurology Physiotherapist</td>
<td>Tel: (08) 8182 9288 (Allied Health Outpatient Reception)</td>
</tr>
<tr>
<td>Haydown Rd Elizabeth Vale SA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5112</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Modbury Hospital (NALHN)</td>
<td>Senior Neurology Physiotherapist</td>
<td>Tel: (08) 8161 2084 (Allied Health Outpatient Reception)</td>
</tr>
<tr>
<td>41-69 Smart Rd Modbury 5092</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Vestibular services – resource only

<table>
<thead>
<tr>
<th>Site name</th>
<th>Physiotherapist</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hampstead Rehabilitation Centre</td>
<td>Rachel Harling</td>
<td>Tel: (08) 8222 1600</td>
</tr>
<tr>
<td>207-255 Hampstead Rd Northfield</td>
<td>Rachel Dempsey</td>
<td></td>
</tr>
<tr>
<td>SA 5085</td>
<td>Marissa Sorich</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Michelle Hardy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Simon Mills</td>
<td></td>
</tr>
<tr>
<td>RAH North Tce Adelaide SA 5000</td>
<td>Matt Gliddon</td>
<td>Tel: (08) 8222 5334 Fax: (08) 8222 4279</td>
</tr>
<tr>
<td>CALHN Community Falls Prevention</td>
<td>Physiotherapist</td>
<td>Tel: (08) 8222 8867 Fax: 1300 724 900</td>
</tr>
<tr>
<td>Service Level 7B, Tower Block</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TQEIH 28 Woodville Rd Woodville</td>
<td></td>
<td></td>
</tr>
<tr>
<td>South 5011</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lyell McEwin Hospital (NALHN)</td>
<td>Chris Nelson</td>
<td>Tel: (08) 8182 9288</td>
</tr>
<tr>
<td>Haydown Rd Elizabeth Vale SA 51</td>
<td>Rebecca Ward</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Louise Brumby</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shelley Ng</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Robert Lim</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Raymond Lizarondo</td>
<td></td>
</tr>
</tbody>
</table>
Vision

The body relies on vision for balance and to prevent falls by assisting persons to negotiate the environment safely. Vision falls risk factors include poor visual contrast sensitivity, depth perception and acuity. Corrective lenses alone do not address all these factors and some lenses may actually increase risk of falls. Therefore, it may be important to have a comprehensive vision assessment, particularly if there is an existing visual impairment. The following services provide help for older people with a visual impairment who are at risk of falling.

Low Vision Falls Prevention Service, Guide Dogs SA.NT

What is it?
A comprehensive vision assessment is provided by a Lower Vision Specialist and an occupational therapist in the context of falls prevention. 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.

Cost
There is no direct service fee to clients.

Who is eligible?
This specialised service 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.

How do I refer to this service?
Referrals can be made with consent by a health professional or members of the public.

To book an appointment contact:
Guide Dogs SA.NT
251 Morphett Street
Adelaide, SA 5000
Tel:  Your Support Line: 1800 757-738
E:  yoursupportline@guidedogs.org.au
Fax: (08) 8203 8332
Website: www.guidedogs.org.au
Royal Society for the Blind, Smithfield

What is it?
This service offers assessment by an Occupational Therapist in the client’s home to address and reduce vision related falls risks. Mobility training with an Orientation and Mobility instructor may also be available.

Cost
This is a free service

Who is eligible?
Individuals living in the Northern suburbs who have an eye conditions diagnosed by optometrist or ophthalmologist, and are at risk of falling.

How do I refer to this service?
Contact Royal Society for the Blind
27 Anderson Walk, Smithfield 5114
Tel: 8417 5690
Website: www.rsb.org.au/

Lutheran Homes Incorporated, Glynde

What is it?
This service offers monthly group education and individually tailored goal setting for strategies to reduce risk of falling, related to low vision. The group is facilitated by an Occupational Therapist with focus on falls prevention strategies, related to reduced vision.
Individual assessment with the Occupational Therapist is also available.

Cost
Small fees do apply. Contact LHI Retirement Services below for more information

Who is eligible?
Individuals who are eligible for Community Home Support Program funding via My Aged Care.

How do I refer to this service?
All referrals are via My Aged Care
Tel: 1800 200 422
Or, contact
LHI Retirement Services
24 Avenue Road, Glynde
Tel: (08) 8337 0488
## 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.

<table>
<thead>
<tr>
<th>Service</th>
<th>Eligibility</th>
<th>Who can refer and how</th>
</tr>
</thead>
</table>
| **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](http://www.yourliferdns.org.au)  
  - Fax: (08)8378 5383 |
| **Resthaven Community Services Continence Nurse Advisors**            | ≥65 years of age          | Any Health professional or self-referral  
  All referrals through My Aged Care  
  Phone: 1300 136 633  
  - Paradise: Tel: (08) 8337 4371  
  Fax: (08) 8365 1028 |
| **The Queen Elizabeth Hospital Women's Health**                       | 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**                     | Women only GP referral req. | 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 |
| **Private Physiotherapist**                                           | 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  
  Fax: (08) 8362 2223  
  Email: sabranch@physiotherapy.asn.au  
  Website: [www.physiotherapy.asn.au](http://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, or to get a CAPS application form 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:
Ph: 1300 550 457 (select Option 1)


Resources

Continence Foundation of Australia
National Office - Level 1, 30-32 Sydney Rd, Brunswick, Victoria 3056
Phone: (03) 9347 2522
Fax: (03) 9380 1233
Website: www.continence.org.au

SA Continence Resource Centre & Independent Living Centre
11 Blacks Rd, Gilles Plains, SA 5086
Phone: (08) 8266 5260
1300 885 886
Fax: (08) 8266 5263

National Continence Helpline
Phone: 1800 330 066

The National Public Toilet Map
//toiletmap.gov.au/
## 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.

<table>
<thead>
<tr>
<th>Council</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adelaide City Council</td>
<td>Town Hall, 128 King William St Adelaide 5000</td>
<td>8203 7203</td>
<td>8203 7575</td>
</tr>
<tr>
<td>Burnside City Council</td>
<td>401 Greenhill Rd Tusmore 5065</td>
<td>8366 4200</td>
<td>8366 4299</td>
</tr>
<tr>
<td>Campbelltown City Council</td>
<td>172 Montacute Rd Rostrevor 5073</td>
<td>8366 9222</td>
<td>8337 3818</td>
</tr>
<tr>
<td>Charles Sturt Council</td>
<td>72 Woodville Rd Woodville 5011</td>
<td>8408 1111</td>
<td>8408 1122</td>
</tr>
<tr>
<td>Port Adelaide Enfield City Council</td>
<td>163 St Vincent St Port Adelaide 5015</td>
<td>8405 6600</td>
<td>8405 6666</td>
</tr>
<tr>
<td>City of Playford</td>
<td>10 Playford Boulevard Elizabeth 5112</td>
<td>8256 0333</td>
<td>8256 0578</td>
</tr>
<tr>
<td>Prospect City Council</td>
<td>128 Prospect Rd Prospect 5082</td>
<td>8269 5355</td>
<td>8269 5834</td>
</tr>
<tr>
<td>Salisbury City Council</td>
<td>12 James St Salisbury 5108</td>
<td>8406 8222</td>
<td>8281 5466</td>
</tr>
<tr>
<td>Tea Tree Gully City Council</td>
<td>571 Montague Rd Modbury 5092</td>
<td>8397 7444</td>
<td>8397 7400</td>
</tr>
<tr>
<td>The City of Norwood, Payneham and St Peters</td>
<td>175 The Parade Norwood 5067</td>
<td>8366 4555</td>
<td>8332 6338</td>
</tr>
<tr>
<td>Unley City Council</td>
<td>181 Unley Rd Unley 5061</td>
<td>8372 5111</td>
<td>8271 4886</td>
</tr>
<tr>
<td>Walkerville Town Council</td>
<td>66 Walkerville Tce Gilberton 5081</td>
<td>8342 7100</td>
<td>8269 7820</td>
</tr>
<tr>
<td>West Torrens City Council</td>
<td>165 Sir Donald Bradman Drive, Hilton 5033</td>
<td>8416 6333</td>
<td>8443 5709</td>
</tr>
<tr>
<td>Organisation</td>
<td>Website</td>
<td>Telephone</td>
<td></td>
</tr>
<tr>
<td>------------------------------------------</td>
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<td>----------------------</td>
<td></td>
</tr>
<tr>
<td>Aboriginal Health Council of SA</td>
<td><a href="http://www.ahcsa.org.au">www.ahcsa.org.au</a></td>
<td>(08) 8273 7200</td>
<td></td>
</tr>
<tr>
<td>My Aged Care</td>
<td><a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a></td>
<td>1800 200 422</td>
<td></td>
</tr>
<tr>
<td>Active Ageing Australia</td>
<td><a href="http://www.activeageing.org.au">www.activeageing.org.au</a></td>
<td>(08) 8362 5599</td>
<td></td>
</tr>
<tr>
<td>Alzheimer’s Australia</td>
<td><a href="http://www.fightdementia.org.au">www.fightdementia.org.au</a></td>
<td>1800 100 500</td>
<td></td>
</tr>
<tr>
<td>Arthritis SA</td>
<td><a href="http://www.arthritisa.org.au">www.arthritisa.org.au</a></td>
<td>(08) 8379 5711</td>
<td></td>
</tr>
<tr>
<td>Australian Association of Social Workers</td>
<td><a href="http://www.aasw.asn.au/sa">www.aasw.asn.au/sa</a></td>
<td>(08) 8463 5911</td>
<td></td>
</tr>
<tr>
<td>Australian Physiotherapy Association</td>
<td><a href="http://www.physiotherapy.asn.au">www.physiotherapy.asn.au</a></td>
<td>1300 306 622</td>
<td></td>
</tr>
<tr>
<td>Australian Podiatry Association SA</td>
<td><a href="http://www.podiatrysa.net.au">www.podiatrysa.net.au</a></td>
<td>(08) 8210 9408</td>
<td></td>
</tr>
<tr>
<td>Australian Psychological Society</td>
<td><a href="http://www.psychology.org.au">www.psychology.org.au</a></td>
<td>(03) 8662 3300</td>
<td></td>
</tr>
<tr>
<td>Carer’s SA</td>
<td><a href="http://www.carers-sa.asn.au">www.carers-sa.asn.au</a></td>
<td>1800 242 636</td>
<td></td>
</tr>
<tr>
<td>Continence Resource Centre SA</td>
<td><a href="http://www.continencesa.org.au">www.continencesa.org.au</a></td>
<td>(08) 8266 5260</td>
<td></td>
</tr>
<tr>
<td>COTA for older Australians</td>
<td><a href="http://www.cotasa.org.au">www.cotasa.org.au</a></td>
<td>(08) 8232 0422</td>
<td></td>
</tr>
<tr>
<td>Department of Veteran Affairs</td>
<td><a href="http://www.dva.gov.au">www.dva.gov.au</a></td>
<td>133 254</td>
<td></td>
</tr>
<tr>
<td>Dietitians Association of Australia</td>
<td><a href="http://www.daa.asn.au">www.daa.asn.au</a></td>
<td>1800 812 942</td>
<td></td>
</tr>
<tr>
<td>Disability SA</td>
<td><a href="http://www.dcsi.sa.gov.au/services/disability-sa">www.dcsi.sa.gov.au/services/disability-sa</a></td>
<td>(08) 8415 4250</td>
<td></td>
</tr>
</tbody>
</table>
<pre><code>                                                                               | 1800 200 422 (MAC) |
</code></pre>
<p>| Ethnic Link Services                     | <a href="http://www.ucwpa.org.au/agged-care/ethnic-link-services">www.ucwpa.org.au/agged-care/ethnic-link-services</a> | (08) 8440 2200       |
| Exercise and Sports Science Australia (ESSA) | <a href="http://www.essa.org.au/">www.essa.org.au/</a>                              | (07) 3862 4122       |
| Falls Prevention Team                    |                                                  | 1300 0 FALLS         |
| (The Central, Northern and Southern Adelaide Local Health Networks) | | (1300 0 32557) |
| Vision Service, Hearing Service          |                                                  | 1800 484 333 /       |
| Health Direct Australia                  | <a href="http://www.healthdirect.gov.au">www.healthdirect.gov.au</a>                         | 1800 022 222         |</p>
<table>
<thead>
<tr>
<th>Organisation</th>
<th>Website</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Medicines Review</td>
<td><a href="http://www.medicareaustralia.gov.au">www.medicareaustralia.gov.au</a></td>
<td>Refer client to GP</td>
</tr>
<tr>
<td>Human Services Finder</td>
<td><a href="http://www.humanservices.gov.au">www.humanservices.gov.au</a></td>
<td>132 300</td>
</tr>
<tr>
<td>Independent Living Centre SA</td>
<td><a href="http://www.ilcaustralia.org.au">www.ilcaustralia.org.au</a></td>
<td>(08) 8266 5260 1300 885 886</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td><a href="http://www.mealsonwheelssa.org.au">www.mealsonwheelssa.org.au</a></td>
<td>(08) 8271 8700 1800 854 453</td>
</tr>
<tr>
<td>Metropolitan Referral Unit</td>
<td><a href="http://www.sahealth.sa.gov.au/MRU">www.sahealth.sa.gov.au/MRU</a></td>
<td>1300 110 600 fax 8201 7822</td>
</tr>
<tr>
<td>Optometrists Association Australia</td>
<td><a href="http://www.optometry.org.au">www.optometry.org.au</a></td>
<td>(08) 7070 2615</td>
</tr>
<tr>
<td>Osteoporosis Association Australia</td>
<td><a href="http://www.osteoporosis.org.au">www.osteoporosis.org.au</a></td>
<td>(02) 9518 8140 1800 242 141</td>
</tr>
<tr>
<td>OT Australia</td>
<td><a href="http://www.otaus.com.au">www.otaus.com.au</a></td>
<td>(08) 8332 6600</td>
</tr>
<tr>
<td>Preventive Care Centre RAH (hip protectors)</td>
<td>Search: <a href="http://www.ilcaustralia.org.au">www.ilcaustralia.org.au</a></td>
<td>(08) 8222 5219 1300 885 886</td>
</tr>
<tr>
<td>RDNS</td>
<td><a href="http://www.rdns.com.au">www.rdns.com.au</a></td>
<td>1300 334 455</td>
</tr>
<tr>
<td>Royal Society for the Blind</td>
<td><a href="http://www.rsb.org.au">www.rsb.org.au</a></td>
<td>(08) 8417 5599 1800 675 554</td>
</tr>
<tr>
<td>South Australian Falls Prevention</td>
<td><a href="http://www.falissa.com.au">www.falissa.com.au</a></td>
<td>1300 032 557</td>
</tr>
<tr>
<td>Seniors Information Service</td>
<td><a href="http://www.seniors.asn.au">www.seniors.asn.au</a></td>
<td>(08) 8168 8776 1800 636 368</td>
</tr>
<tr>
<td>Telecross</td>
<td><a href="http://www.redcross.org.au">www.redcross.org.au</a></td>
<td>(08) 8100 4500 1300 885 698</td>
</tr>
</tbody>
</table>

**Other contacts:**
Falls prevention resources

Policy Directive, Guideline and Toolkit:

The toolkit comprises of:
- Example Terms of Reference (TOR) for a health service’s Fall Prevention Committee
- When and how to do falls risk screening, assessment, care-planning and discharge planning
- Safe use of bed rails
- Reporting a patient fall incident into SLS topic guide
- Reporting a patient fall incident FAQs
- Post fall team review process

See www.sahealth.sa.gov.au/fallsprevention for:
- Falls & injury risk assessment form (MR58)
- The recommended actions
- Falls risk review form (MR58a)
- Falls risk screening form (MR58b)

National Falls Prevention Guidelines:
Preventing Falls and Harm From Falls in older people:
- Best practice Guidelines for Australian Hospitals
- Best practice Guidelines for Australian Residential Aged Care Facilities
- Best practice Guidelines for Australian Community Care.

These are available for download. As with all Commission publications the Commission encourages reproduction of the guidelines provided that ownership is acknowledged and is not for profit.

“Don’t Fall for It. Falls can be prevented!”
For information on how to download or purchase copies of the “Don’t Fall for It. Falls can be prevented” booklet please access the following link: www.sahealth.sa.gov.au/falls
Please note this booklet is also available in Polish, Italian, German & Chinese.

Falls Prevention Service Directories:
These directories provide a comprehensive listing of falls prevention and related programs in the metropolitan Local Health Networks. They are resources for falls health care professionals and consumers and assist consumers/clients to access appropriate falls prevention services when they need them most. They are updated each year and are available electronically through the Local Health Network intranet pages and the Falls Prevention in SA website.
www.sahealth.sa.gov.au/fallsprevention
Tel: 1300 0 FALLS (1300 0 32557)
Fact sheets:
Ten new SA Falls Prevention fact sheets for consumers are available electronically through the SA Health website: www.sahealth.sa.gov.au/falls

Download general information on falls prevention:
- Fact Sheet 1: Strong Muscles and Bones
- 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
- Fact Sheet 10: New Mums and Bub can fall too
- Are You at Risk of Falling? Self-Screen Check List

Health providers can download posters targeting health professionals or general falls prevention information posters from the following link (see bottom of website): www.sahealth.sa.gov.au/fallsprevention

Falls SA Website:
This site provides a one-stop shop of falls prevention and management information for health professionals, GP’s, over 50’s 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

Accreditation Resource Guide:
SA Health has developed an Accreditation Resource to support Health Services to implement the National Safety and Quality Health Service Standard 10 – Preventing Falls and Harm from Falls.
It contains a combination of resources (policies, guidelines and tools) developed by SA Health and assists health services in identifying examples of evidence to demonstrate how to meet individual actions.
This can be accessed through the below website, or alternatively contact your local Falls Prevention Service on 1300 0 FALLS (1300 0 32557).
www.sahealth.sa.gov.au/fallsprevention
For more information

Community Falls Prevention Service
Central Adelaide Local Health Network
PO Box 43, Woodville SA 5011
Telephone: 1300 0 FALLS (1800 1 32557)
(08) 8222 8867
Facsimile: 1300 724 900

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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