

# Falls Prevention Service Directory



Northern Adelaide Local Health Network  
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Government  
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 operates 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.



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## Contents

Referral guide to falls prevention services	4
Falls assessment clinics	
Service description	5
Referral form	6
Falls service map	7
Allied Health Services	
Service description	8
Listing by suburb	9
Private Falls Assessment Clinic	10
Strength for Life	
Service description	11
Listing by suburb	12
Referral form	13
Exercise Physiology	14
Private hospital day therapy options	16
Private in-home physiotherapy options	17
Private in-home occupational therapy options	18
Tai Chi	19
Vision	20-21
Vestibular services	22-23
Councils	23
Continence services	24-25
Relevant falls-related service listing	26-27
Resources	28-29

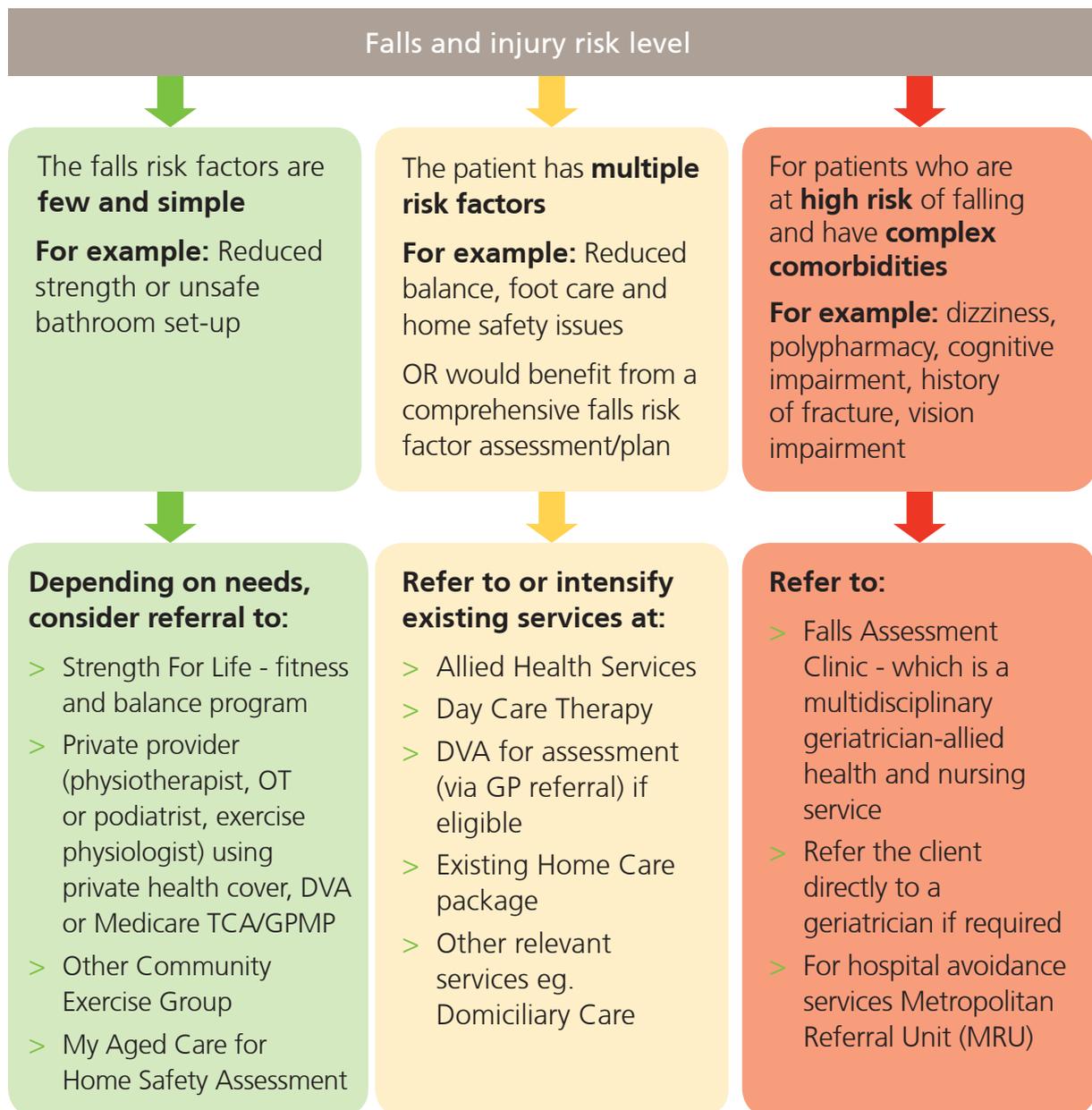
### **Disclaimer**

***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?

Tel 1300 0 FALLS (1300 0 32557) to speak with a member of the falls team

## Falls assessment clinics

Region	Address	Tel	Fax
Northern	GP Plus Health Care Centre 16 Playford Boulevard Elizabeth SA 5112	1300 0 FALLS (1300 0 32557)	1300 467 567
North Eastern	GP Plus Super Clinic 77 Smart Road 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 and is willing to adopt strategies and interventions recommended
- > Aged 65 or older. Aboriginal and Torres Strait Islander aged 50 or older
- > 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 medical/health summary is attached.

## Falls Assessment Clinic referral form



To Falls Assessment Clinic	Fax No 1300 467 567
From	No of pages (including this page and medical summary)
Organisation	Designation
Date	Contact Tel Contact fax

Urgent  Private Health Insurance

Patient details (please print clearly)	GP details (please print clearly)
Name	Name
Street	Practice name
Suburb	Street
Tel Number	Suburb
Date of Birth	Tel 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 and is willing to adopt strategies and interventions recommended
- Aged 65 or older or Aboriginal and Torres Strait islander aged 50 or older\*
- Has had two or more falls in the past 12 months or has had one fall with serious injury in the past 12 months\*
- 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)
- Medical/health summary attached\*

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

Is the client receiving other community services?

No  Yes (specify)

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

Dom. Care  DVA Gold/White

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

**Please ensure you supply the below information**

Reason for referral

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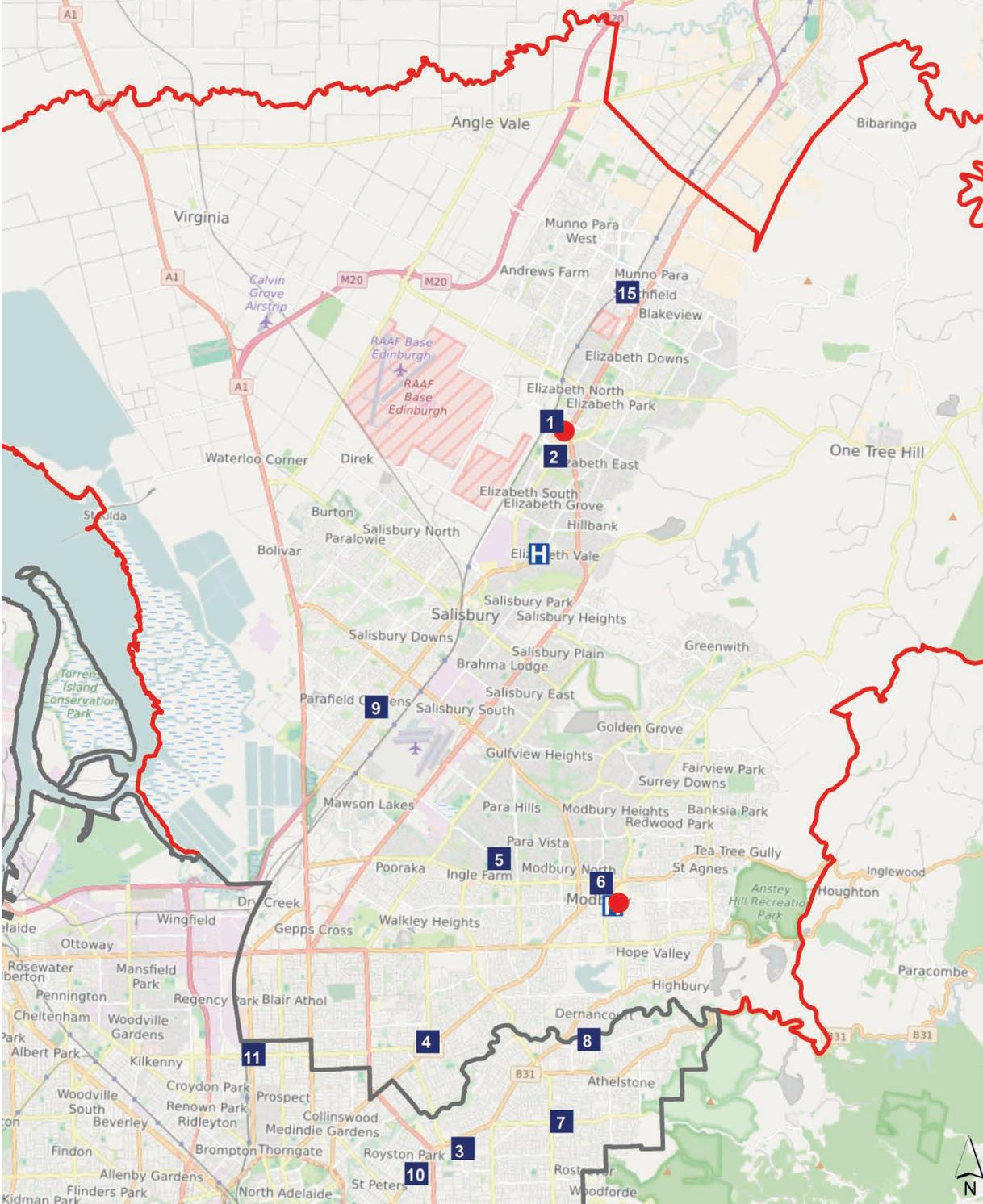


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# Falls service map



- Allied Health Services
- Falls Clinic
- H Hospital
- Central Adelaide LHN
- Northern Adelaide LHN

## Allied Health Services

### What are Allied Health Services?

Allied Health Services were previously called Day Therapy Centres. They are funded through the Commonwealth Home Support Program. They provide services such as physiotherapy, occupational therapy, exercise physiology, social work and podiatry to older people who are living in the community. Some services also specialise in speech therapy, dietetics and continence nurse advisors. Services may be provided in clinics or people's homes.

### 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?

- > People over 65 years of age, and for Aboriginal and Torres Strait Islander people over 45 years of age.
- > 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](http://www.myagedcare.gov.au) or Contact Centre 1800 200 422

You may also contact the Allied Health Services provider directly who may be able to assist with your referral via My Aged Care.

Allied Health Services  
 Referral through My Aged Care 1800 200 422  
 Funded under Commonwealth Home Support Program

Suburb	Organisation/Street	Tel	Fax
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	8337 0488	8365 6351
4. Greenacres	ECH, Unit 1, 19-21 Fosters Rd, 5086	8361 5350	8361 5399
5. Ingle Farm	Helping Hand, Healthy Ageing Shackleton Ave, 5098	8285 0999	8209 6902
6. Modbury	Salvation Army HealthLink, 138 Reservoir Rd, 5092	8264 8300	8264 0133
7. Newton	ACH, 163 Montacute Rd, 5074	1300 224 477	8159 3787
8. Paradise	Resthaven, 61 Silkes Rd, 5075	8337 4371	8336 9952
9. Parafield Gardens	Helping Hand, Healthy Ageing, 437 Salisbury Highway, 5107	8285 0999	8209 6902
10. Payneham	Life Care Active, Level 1, 230 Payneham Rd, 5070	8168 7600	8336 2788
11. Prospect	Uniting Communities, 332 Regency Rd, 5082	8202 5900	8342 3398
	Domiciliary Care (Home visiting service only)	1300 295 673	

## Private Falls Assessment Clinic

### Confident Steps Balance and Falls Prevention Group Calvary Rehabilitation Hospital

#### What is it?

This program offers individualised multidisciplinary assessment and management of older individuals living in the community who have compromised balance.

The service offers individualised assessment by a geriatrician or rehabilitation physician, physiotherapist and an occupational therapist with the aim to improve functional ability and decrease falls risk factors through a program of exercise and education.

#### Cost?

This service may be covered by private health insurance or DVA funding, which is confirmed prior to booking.

#### Who is eligible?

- > People presenting with multiple co-morbidities, leading to 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 and are medically stable
- > People with private health insurance and DVA Gold Card holders.

#### How do I refer to this service?

Referrals are accepted from Rehabilitation Physicians, Geriatricians, other medical specialists and General Practitioners.

To obtain a copy of the referral form or more information contact:

Calvary Rehabilitation Hospital

18 North East Road, Walkerville, SA 5081

Tel:: (08) 81685700

Fax: (08) 8344 1430

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

## Strength for Life

### What is the Strength for Life Program?

Developed and governed by 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
- > 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 in this directory. A list of current providers in, and around the northern 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 on 8232 0422

COTA SA

16 Hutt Street, Adelaide, SA 5001

Tel: (08) 8232 0422

Fax: (08) 8232 0433

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

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

## Strength for Life locations

Suburb	Organisation / Street	Tier	Tel
Athelstone	City of Campbelltown, Marchant Centre 338 Gorge Road	2	(08) 8366 9218
Burton	Goldies Gym, 44 Shepley Crescent	2	(08) 8280 8000
Dernancourt	Goodlife Health Club, 820-822 Lower North East Road	1	(08) 8124 8910
Edinburgh	Frank Sloan SFL, 36-38 Taranaki Rd	2	0423493807
Enfield	Enfield Community Centre, 540 Regency Road	2	(08) 8342 9168
Enfield	Fit Life Health and Fitness Centre, 42 Warwick Street	2	(08) 8262 1925
Elizabeth	YMCA Aquadome, 1 Crockerton Rd	1	(08) 8287 8800
Fairview Park	Benefitness and Health Centre, 341 Hancock Road	2	(08) 8251 3011
Gawler	Gawler Sport and Community Centre, Nixon Terrace	2	(08) 8552 9203
Greenacres	ECH, 1/19-21 Fosters Road	1	(08) 8361 5350
Holden Hill	Goodlife Health Club, 9/560 North East Road	1	(08) 8266 2200
Hope Valley	Highercombe Facility (ACH Group), 7-11 Sirius Avenue	2	0417 898 487
Hope Valley	LHI Retirement Services 1217 Grand Junction Road.	1	(08) 8265 8000
Highbury	City of TT Gully, Turramurra Rec Ctr	2	(08) 8397 7432
Ingle Farm	Funlife Fitness Centre, 11 Roopena Street	2	(08) 8264 3918
Modbury North	Changes Health and Fitness Centre, 239 Milne Road	2	(08) 8263 6099
Munno Para West	Curtis Road Facility, Corner Curtis and Peachey Roads	2	0423 493 807
Newton	Health Services East (ACH Group), 163 Montacute Road	2	(08) 8360 9430
Parafield Gardens	Parafield Gardens Recreation Centre Corner Kings and Martins Roads	2	(08) 8281 4888
Payneham	Lifecare, 230 Payneham Road	1	(08) 8168 7600
Prospect	VFIT Holistic, 108 Prospect Road	2	0417887674
Ridgehaven	Stockland Ridgehaven Rise, 33 Golden Grove Road	2	(08) 8314 4444
Rostrevor	Milpara Facility (ACH Group), 147 St Bernards Road	2	(08) 8366 8000
Salisbury Downs	Fernwood Fitness, Hollywood Plaza, Winzor Street	2	(08) 281 4855
Salisbury East	The Lodge Health and Wellness Centre 1587 Main North Road	2	(08) 8258 9066
Smithfield Plains	John McVeity Centre, 182 Peachey Road	2	0488 135 783
Virginia	Virginia Institute, Old Port Wakefield Road	2	0488 224 854
Walkerville	Inner North East Adelaide YMCA 39 Smith Street	2	(08) 8344 3811

# 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	Tel number (1)	
Suburb	Post code	Tel 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	Tel number
Organisation	
Address	

General practitioner (if different from referrer. Please print clearly)	
Name	Tel 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 .....

## Exercise Physiology

Centre for Physical Activity in Ageing	Adelaide Exercise Physiology Health Group (AEP Health Group)
<p><b>What is it?</b></p> <p>Located at the Hampstead Rehabilitation Centre, CPAA provides a variety of programs supervised by an exercise physiologist. An exercise physiologist will provide an assessment of all new clients and will then advise on the most appropriate exercise option.</p> <p><b>Programs include:</b></p> <ul style="list-style-type: none"> <li>&gt; Exercise rehabilitation (hydrotherapy, gym or home-based exercise)</li> <li>&gt; Chronic disease management</li> <li>&gt; Better balance</li> </ul>	<p><b>What is it?</b></p> <p>AEP Health Group provides community health care, chronic disease prevention and physical rehabilitation. Assessment and management is by Exercise Physiologists, Dietitians and Physiotherapists.</p> <p>The AEP team operate from stand-alone clinics in north, south and western suburbs.</p> <p>Exercise Physiology Home visiting options may be available (DVA only).</p>
<p><b>Cost</b></p> <p>Small fees do apply, please contact CPAA for costs.</p>	<p><b>Cost</b></p> <p>Fees apply, please contact AEP Health Group.</p> <p>Group sessions are at reduced cost.</p>
<p><b>Services</b></p> <ul style="list-style-type: none"> <li>&gt; Exercise for chronic disease management</li> <li>&gt; Supervised group exercise sessions to improve strength and conditioning</li> <li>&gt; In-home exercise prescription and advice</li> <li>&gt; Falls prevention</li> <li>&gt; Physical functional assessments</li> <li>&gt; Lungs in action</li> <li>&gt; Weight management</li> </ul> <p><b>Dietician services</b></p> <ul style="list-style-type: none"> <li>&gt; Clinical nutritional treatment for chronic conditions</li> <li>&gt; Weight gain/loss</li> <li>&gt; Food intolerances</li> </ul>	<p><b>Services</b></p> <p><b>Exercise Physiology Services</b></p> <ul style="list-style-type: none"> <li>&gt; Balance and falls prevention programs</li> <li>&gt; Exercise for chronic disease management</li> <li>&gt; Supervised group exercise sessions to improve strength and conditioning</li> <li>&gt; Home-based exercise program</li> <li>&gt; Physical functional assessments</li> <li>&gt; Lungs in action</li> <li>&gt; Weight management</li> </ul> <p><b>Dietitian Services</b></p> <ul style="list-style-type: none"> <li>&gt; In clinic clinical nutritional treatment for chronic conditions</li> <li>&gt; Weight gain/loss</li> </ul>

Centre for Physical Activity in Ageing	Adelaide Exercise Physiology Health Group (AEP Health Group)
<p><b>Who is eligible?</b> Individuals who would benefit from exercise</p>	<p><b>Who is eligible?</b> Individuals who would benefit from exercise</p>
<p><b>How do I refer to the CPAA?</b> GP's can refer to CPAA by completing a referral form. Please note transport is not provided.</p>	<p><b>How do I refer to AEP Health Group?</b> Referrals via GP for GPMP and DVA Patients can self-refer if privately funded/insured</p>
<p><b>For further information contact</b> Centre for Physical Activity in Ageing 207-255 Hampstead Road Northfield SA 5058 Tel: (08) 8222 1891 Fax: (08) 8222 1828 Email: <a href="mailto:cpaa@hampstead.rah.sa.gov.au">cpaa@hampstead.rah.sa.gov.au</a> <a href="http://www.cpa.sa.gov.au">www.cpa.sa.gov.au</a></p>	<p><b>For further information contact</b> AEP Health Group Central Reception Tel: (08) 8244 0450 Fax: (08) 8244 0451 Email: <a href="mailto:info@aep.net.au">info@aep.net.au</a> <a href="http://www.aep.net.au">www.aep.net.au</a></p>

## 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>Ph: (08) 8366 3419</p> <p>Fax: (08) 8366 3466</p> <p><a href="http://www.thememorialhospital.org.au">www.thememorialhospital.org.au</a></p> <p>Sir Edwin Smith Avenue North Adelaide, SA, 5006</p>	<p><b>For further information contact</b></p> <p>Ph: (08) 8168 5700</p> <p>Fax: (08) 8344 1430</p> <p><a href="http://www.calvaryrehabsa.org.au">www.calvaryrehabsa.org.au</a></p> <p>18 North East Rd, Walkerville, SA, 5081</p>

## 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.

Remedy Healthcare (Mobile Physio)	Xtra HomeCare
<p><b>What is it?</b></p> <p>Mobile Physio have joined the Remedy Healthcare Group, and are a key provider of physiotherapy for older people living in their own homes.</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>Xtra Homecare provide 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.</p>
<p><b>Cost</b></p> <p>Contact Remedy Healthcare for details. Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</p>	<p><b>Cost</b></p> <p>Contact Xtra HomeCare for details. Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</p>
<p><b>Who is eligible?</b></p> <p>Remedy Healthcare is available to people living in metropolitan Adelaide (Adelaide Hills by appointment).</p> <p>Remedy Healthcare 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 assessments, treatments and evaluations</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: Remedy Healthcare (previously Mobile Physio) Tel / Fax: (08) 8377 4648 Mobile: 0403 573 449 <a href="http://www.remedyhealthcare.com.au">www.remedyhealthcare.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: Xtra HomeCare Tel: (08) 8357 4988 Fax: (08) 8299 0410 Mobile: 0404 650 207 <a href="http://www.xtrahomecare.com.au">www.xtrahomecare.com.au</a></p>

## 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.

<b>Living to the Max Occupational Therapy Services</b>	<b>Enhance Occupational Therapy</b>
<p><b>What is it?</b></p> <p>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.</p>	<p><b>What is it?</b></p> <p>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.</p>
<p><b>Cost</b></p> <p>Contact Living to the Max for details.</p> <p>Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</p>	<p><b>Cost</b></p> <p>Contact Enhance for details.</p> <p>Services may be claimable through DVA, Enhanced Primary Care (Medicare), Private Health Insurers, or Commonwealth Home Care Packages</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 in metropolitan suburbs of Adelaide 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> </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</p> <p>Fax: (08) 8331 0277</p> <p>Email: <a href="mailto:admin@livingtothemax.com.au">admin@livingtothemax.com.au</a></p> <p><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</p> <p>Tel: (08) 8276 3355</p> <p>Fax: (08) 8276 3377</p> <p><a href="http://www.enhanceot.com">www.enhanceot.com</a></p>

## 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.

Name	Instructor	Website	Location of classes	Tel
Tai Chi & Qigong Adelaide Academy	Gary Smith	<a href="http://www.taichiadelaide.com.au">www.taichiadelaide.com.au</a>	Modbury Payneham North Adelaide	0428 873 571
Tai Chi for Health in Arthritis & Falls Prevention	Brenda Hum	<a href="http://www.taichiforhealthinstitute.org">www.taichiforhealthinstitute.org</a>	Holden Hill Modbury	(08) 82631513 0413 022 246
Tai Chi for Health in Arthritis & Falls Prevention	George Hum	<a href="http://www.taichiforhealthinstitute.org">www.taichiforhealthinstitute.org</a>	Holden Hill Modbury	(08) 82631513 0413 022 246
Tai Chi for Everybody	Meg Hutton	<a href="http://www.taichiforeverybody.com.au">www.taichiforeverybody.com.au</a>	Mawson Lakes Walkerville Salisbury	0417 824 063
Noble Well Being	Gail Noble	No website	Para Hills West Salisbury Munno Para West	0402 440 710
Tai Chi for Health	Vandra Hittman	<a href="http://www.taichiforhealthinstitute.org">www.taichiforhealthinstitute.org</a>	Hillcrest Community Centre	0419 243 671

\*\* Note this is not an exhaustive list. For additional Tai-Chi groups/instructors contact the local council.

## 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.

### 1. Low Vision Falls Prevention Service, Guide Dogs SA.NT

#### What is it?

This is a specialised service focussing on reducing vision related risk factors that contribute to falls. The service offers assessment by Optician and/or Occupational Therapist with access to Orientation and Mobility Assessment and training as required.

#### Cost

This is a free service

#### Who is eligible?

Available to people with vision loss, who have experienced recent falls or are at risk of falling..

#### How do I refer to this service?

Referrals can be made directly to Guide Dogs, 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: (08) 8203 8333

Fax: (08) 8203 8332

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

## 2. 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

Ph: 8417 5690

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

## 3. 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

Ph: 1800 200 422

Or, contact

LHI Retirement Services

Tel: (08) 8337 0488

24 Avenue Road, Glynde

## Vestibular services – private

Business name and physiotherapist	Address	Contact
<b>Unley Physiotherapy</b> Ann Buchan, Jeannie Burnett and Matthew Crocker	160 Unley Rd Unley SA 5061	Tel: (08) 8373 2132 <a href="mailto:ann@unleyphysio.com.au">ann@unleyphysio.com.au</a>
<b>Dizziness and Balance Disorders Centre</b> Professor Dr Margie Sharpe	Level 2, 70 Hindmarsh Square Adelaide SA 5000	Tel: (08) 7087 2141 Fax: (08) 8232 1139 <a href="mailto:info@dizzinessbalancedisorders.com.au">info@dizzinessbalancedisorders.com.au</a> <a href="http://www.dizzinessbalancedisorders.com.au">www.dizzinessbalancedisorders.com.au</a>
<b>James McLoughlin Neurophysiotherapy PhysioSmart</b>	296 Payneham Rd Payneham SA 5070	Tel: (08) 8363 0458 Fax: (08) 8363 0675 <a href="mailto:admin@neurophysiotherapy.com.au">admin@neurophysiotherapy.com.au</a> <a href="http://www.neurophysiotherapy.com.au">www.neurophysiotherapy.com.au</a>
<b>Edwina Reid Neurophysiotherapy</b>	76b Kensington Rd Rose Park SA 5067	Tel: (08) 8331 2700 Fax: (08) 8331 2702 <a href="mailto:admin@neurophysio.com.au">admin@neurophysio.com.au</a> <a href="http://www.neurophysio.com.au">www.neurophysio.com.au</a>
<b>Susan Hillier</b>	Home visits and clinic work	Tel: 0419 034 578
<b>Tamina Levy Neurophysiotherapy</b>	5/259 Unley Rd Malvern SA 5061	Mobile: 0409 282 210
<b>Karyn Powell Neurological Physiotherapy and Rehabilitation</b>	Marion Medical Centre, Suite 1, 199 Sturt Road Seacombe Gardens SA 5047	Tel: (08) 8296 4500 Fax: (08) 8296 4500 Mobile: 0419 840 484 <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> Haydown Rd Elizabeth Vale SA 5112	Senior Neurology Physiotherapist	Tel: (08) 8182 9000 Pager number 6256
<b>Modbury Hospital</b> 41-69 Smart Road, Modbury SA 5092	Senior Neurology Physiotherapists	Tel: (08) 8182 9000 Pager number 6256
<b>Hampstead Rehabilitation Centre</b> 207-255 Hampstead Rd Northfield SA 5085	Rachel Dempsey* Marissa Sorich* Simon Mills* Rachel Harling*	Tel: (08) 8222 1600
<b>University of South Australia</b> School of Health Sciences City East Campus North Tce Adelaide SA 5000	Dr Susan Hillier	Tel: (08) 8302 2544 Fax: (08) 8302 2977 <a href="mailto:Susan.Hillier@unisa.edu.au">Susan.Hillier@unisa.edu.au</a>
<b>RAH</b> 14 North Tce Adelaide SA 5000	Annabel Tolfts*	Tel: (08) 8222 5726

\*resource only

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

## 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>	<ul style="list-style-type: none"> <li>&gt; Various programs available, please call to discuss</li> </ul>	Any health professional or self referral <ul style="list-style-type: none"> <li>&gt; Tel: 1300 364 264</li> <li>&gt; Online: <a href="http://www.silverchain.org.au">www.silverchain.org.au</a></li> <li>&gt; Fax: (08) 8378 5383</li> </ul>
<b>Resthaven – Northern Services</b> 16 Gillingham Rd, Elizabeth, SA 5112	<ul style="list-style-type: none"> <li>&gt; 65 years of age</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Via My Aged Care 1800 200 422</li> <li>&gt; Tel: (08) 8252 6811</li> <li>&gt; Fax: (08) 8252 6822</li> </ul>
<b>Public hospitals</b> Lyell McEwin Hospital Allied Health Department Haydown Rd, Elizabeth Vale, SA 5112	<ul style="list-style-type: none"> <li>&gt; Men and women</li> </ul>	Any health professional or medical practitioner referral <ul style="list-style-type: none"> <li>&gt; Contact the Allied Health Department to refer to the Continence Physiotherapist at: Tel: (08) 8182 9288 Fax: (08) 8182 9440</li> </ul>
The Queen Elizabeth Hospital, Women's Health, 28 Woodville Road, Woodville, SA 5011	<ul style="list-style-type: none"> <li>&gt; Women only all ages</li> </ul>	Any health professional or self referral <ul style="list-style-type: none"> <li>&gt; Contact Women's Health to refer: Tel: (08) 8222 6162 Fax: (08) 8222 7244</li> </ul>
Royal Adelaide Hospital, Women's Health Centre, 14 North Tce, Adelaide, SA 5000	<ul style="list-style-type: none"> <li>&gt; Women only GP referral req.</li> </ul>	Any health professional or medical practitioner referral <ul style="list-style-type: none"> <li>&gt; 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</li> </ul>
Private Continence Nursing Service Caremmunity	<ul style="list-style-type: none"> <li>&gt; Can self refer GP referral</li> <li>&gt; Cost: Fee for service</li> </ul>	<ul style="list-style-type: none"> <li>&gt; <a href="http://carecommunity.com.au">carecommunity.com.au</a></li> <li>&gt; Tel: (08) 8347 1343</li> </ul>
<b>Private physiotherapist</b> Australian Physiotherapy Association (APA) South Australian Office	<ul style="list-style-type: none"> <li>&gt; Anyone</li> </ul>	Any health professional or self referral <ul style="list-style-type: none"> <li>&gt; To find your nearest specialist private women's health and continence physiotherapist, contact the APA on: Tel: (08) 8362 1355 <a href="http://www.physiotherapy.asn.au">www.physiotherapy.asn.au</a></li> </ul>

## 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:

- > Continence Foundation of Australia: [www.continence.org.au](http://www.continence.org.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)

[www.dva.gov.au](http://www.dva.gov.au) and search RAP and/or continence for further information

## Resources

### SA Continence Resource Centre

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

Tel: 1300 885 886

[www.continence.org.au/pages/sa-continence-resource-centre](http://www.continence.org.au/pages/sa-continence-resource-centre)

### Continence Foundation of Australia

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

Tel: (08) 8266 5260

### SA Independent Living Centre

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

Tel: 1300 885 886 or

(08) 8266 5260

## Relevant services

Organisation	Website	Tel
Aboriginal Health Council of SA	<a href="http://www.ahcsa.org.au">www.ahcsa.org.au</a>	(08) 8273 7200
Active Ageing Australia	<a href="http://www.activeageingaustralia.com.au">www.activeageingaustralia.com.au</a>	(08) 8362 5599
Alzheimers Australia	<a href="http://www.fightdementia.org.au">www.fightdementia.org.au</a>	1800 100 500
Arthritis SA	<a href="http://www.arthritissa.org.au">www.arthritissa.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 Geriatrics Service		(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/services/disabilitysa">www.disability.sa.gov.au/services/disabilitysa</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
Ethnic Link Services	<a href="http://www.ucwpa.org.au">www.ucwpa.org.au</a>	(08) 8241 0201
Falls Assessment Clinics		1300 0 FALLS (1300 0 32557) NALHN (08) 7321 4014 CALHN (08) 8222 8854 SALHN (08) 8275 2807
Guide Dogs SA.NT Vision Service, Hearing Service, Sensory Service	<a href="http://www.guidedogs.org.au">www.guidedogs.org.au</a>	1800 738 855 (08) 8203 8333
Health Direct Australia	<a href="http://www.healthdirect.org.au">www.healthdirect.org.au</a>	1800 022 222

Organisation	Website	Tel
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://ilcaustralia.org.au/contact_us/south_australia">ilcaustralia.org.au/contact_us/south_australia</a>	(08) 8266 5260
Meals on Wheels	<a href="http://www.mealsonwheels.org.au">www.mealsonwheels.org.au</a>	(08) 8271 8700 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 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 (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 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>	
Catalyst Foundation (formerly Seniors Information Service)	<a href="http://www.catalystfoundation.com.au">www.catalystfoundation.com.au</a>	(08) 8168 8776
Telecross	<a href="http://www.redcross.org.au/telecross">www.redcross.org.au/telecross</a>	(08) 8100 4697 1300 885 698

**Other contacts:**

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## Falls prevention resources

### Policy Directive, Guideline and Toolkit:

The SA Health Fall and Fall Injury Prevention and Management Policy Directive, Guideline and Toolkit is available electronically through the SA Health safety and quality website:

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

Toolkit consists of:

- > Post fall management protocol
- > Reporting guide for fall incidents
- > Post Fall team review process
- > Falls risk assessment form (MR58), and
- > Risk review form (MR58a)

### 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.

<http://www.safetyandquality.gov.au/our-work/falls-prevention>

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

Please note this booklet is also available in Polish, Italian, Greek, Vietnamese and 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.falssa.com.au](http://www.falssa.com.au)

## Fact sheets

Nine new SA Falls Prevention fact sheets for consumers are available electronically through the SA Health website:

<http://www.sahealth.sa.gov.au>

### Download general information on falls prevention:

- > 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 8: Standing up to Falls
- > Fact Sheet 7: Making your Home your Haven
- > Fact Sheet 9: Strong and Steady
- > 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):

<http://www.safetyandquality.gov.au/our-work/falls-prevention>

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

### Accreditation Resource Guide

SA Health Preventing Falls and Harm from Falls Accreditation Resource (PDF 1475K) has been developed to support Health Services and provides examples of South Australian tools and resources that can be used to demonstrate an action and standard has been met.

### Service directories

Available electronically and updated regularly. For most recent version of directory:

Tel: 1300 0 FALLS (1300 0 32557)







For more information

**Northern Adelaide Geriatric Service**  
**Northern Adelaide Local Health Network**  
**PO BOX 550**  
**Modbury SA 5092**  
**Tel: 1300 0 FALLS (1300 0 32557) or 7321 4014**  
**Fax: 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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