

Falls Prevention Service Directory



for the Central Northern Adelaide
Health Service region

April 2010



Government
of South Australia

SA Health

This directory provides a comprehensive listing of falls prevention programs for health care professionals and consumers, assisting clients to access appropriate falls prevention services when they need them most.

About CNAHS...

As the state's largest employer, CNAHS' 15,000-plus passionate and dedicated staff provide around half of South Australia's total population with the best possible health care and support – from more than 200 separate hospitals and community-based health care sites.

Our Ambulatory and Primary Health Care services

The Ambulatory and Primary Health Care Directorate is one of CNAHS' key operational arms. Our team of 600-plus staff, based at more than 30 community-based health services, is 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% 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 prevention is challenging. As falls risks contain many different elements, optimal management may require a multidisciplinary approach to address all contributing factors. Sourcing the right services to meet these needs can be time consuming and difficult...and this is where the CNAHS Falls Prevention team can help!

The CNAHS Falls Prevention Program

Working towards better care, the CNAHS Falls Prevention team was established to provide best practice falls prevention services to our consumers. This includes the development of this service directory for health care professionals within the CNAHS region, helping to streamline the referral process for our consumers.

In line with our goal of better care, the CNAHS Falls Prevention team currently operates two falls assessment clinics and coordinates an active falls prevention network for health professionals with a special interest in this important area.

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.



© Queensland Health

Falls Prevention Services

Falls assessment clinics	4
Day therapy centres	5-7
Day Rehabilitation Centre	8
Centre for Physical Activity and Ageing	9
Strength for Life program	10
Councils	11
Vestibular services	12-13
Relevant falls related services	14-15
Referral forms	17-25

Disclaimer

This directory has been prepared for the CNAHS 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.

Falls assessment clinics

Region	Address	Phone	Fax
Eastern Central Region	Day Rehabilitation Centre Hampstead Road, Northfield SA 5085	1300 0 FALLS (1300 0 32557)	1300 467 567
Western Region	The Queen Elizabeth Hospital Woodville Road Woodville South SA 5011		

What are falls assessment clinics?

Falls assessment clinics provide specialised multidisciplinary assessments by a geriatrician, occupational therapist, physiotherapist and nurse. Falls risk factors are identified and recommendations are made. This is a free service.

Who is eligible?

Falls clinics are suited to individuals:

- > who are aged 65 years or over
- > whose mobility and function are limited by unsteadiness or dizziness
- > who report two or more falls in the past year or have experienced one fall with serious injury
- > who present with multiple co-morbidities.

How do I refer to a falls clinic?

To refer to a falls clinic, use the CNAHS Falls Assessment Clinic referral form on page 18.



Day therapy centres

What are day therapy centres (DTCs)?

DTCs are Commonwealth-funded facilities that provide services such as physiotherapy, occupational therapy, speech therapy, social work and podiatry to aged people who are living in the community. Services vary at each site.

DTCs aim to provide:

- > rehabilitation
- > maintenance of function, independence, maximise skills and coping
- > prevention through health promotion and information.

DTCs no longer offer full day programs, respite, meals, equipment and social activities.

Clients are required to pay a small negotiated fee. There are weekly caps on the amount that can be charged when multiple services are accessed. Most DTCs do not provide transport.

Who is eligible?

Day therapy centres are suited to individuals who are:

- > over 60 years of age (Aboriginal and Torres Strait Islander peoples over 45 years of age) – some exceptions to this are possible
- > living in the community or low level care
- > mobile in a wheelchair over a short distance or may require light assistance to walk
- > able to manage personal care, may need light assistance or aids for transfers on/off toilet
- > frail, in functional decline or have lost skills or confidence
- > at risk of falling, due to a previous fall, poor balance, unsafe home environment or painful feet
- > learning to manage a chronic condition, including evaluating their ability to self-manage
- > experiencing changes or losses in cognitive, psychological or social abilities/needs.

How do I refer to a DTC?

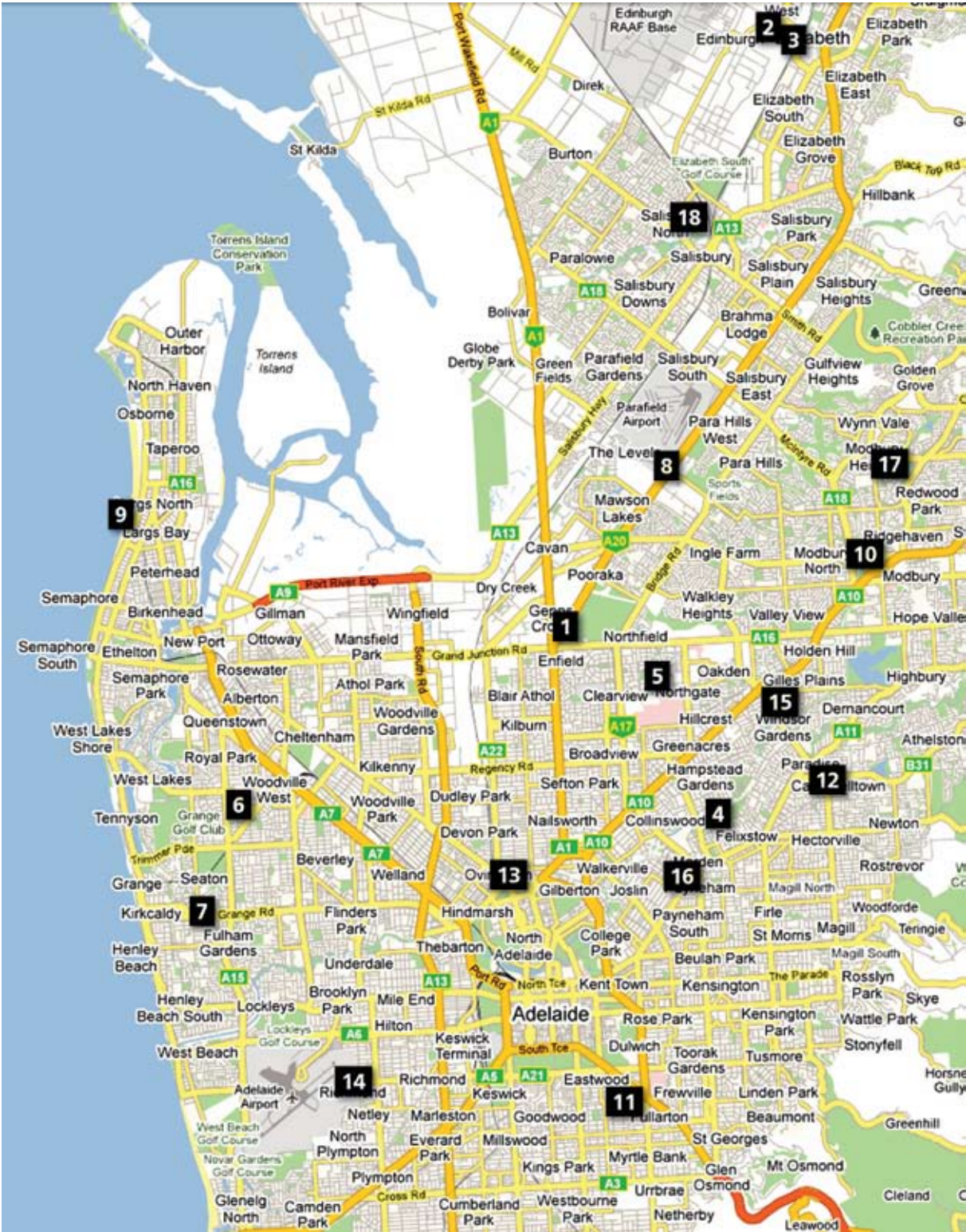
To refer to a day therapy centre, use the CNAHS Day Therapy Centre referral form on page 19.

CNAHS day therapy centres

Suburb	Organisation	Phone	Facsimile
1. Clearview	Uniting Care 254 Hampstead Rd 5085	(08) 8262 3377	(08) 8262 3060
2. Elizabeth	Resthaven 16 Gillingham Rd 5112	(08) 8252 6811	(08) 8252 6822
3. Elizabeth Park	Anglicare 19/110 Yorketown Rd 5113	(08) 8287 5521	(08) 8255 7157
4. Glynde	LHI Retirement Services 24 Avenue Rd 5070	(08) 8336 0111	(08) 8365 6351
5. Greenacres	ECH 1/1 Rellum Rd 5086	(08) 8369 3393	(08) 8261 0059
6. Hendon	Acacia Court 81 Tapleys Hill Rd 5014	(08) 8243 1844	(08) 8243 0430
7. Henley Beach	ECH 168 Cudmore Tce 5022	(08) 8356 3169	(08) 8356 7014
8. Ingle Farm	Helping Hand Shackleton Ave 5098	(08) 8281 2884	(08) 8281 1608
9. Largs Bay	Southern Cross Care Kennedy Court 5016	(08) 8242 2985	(08) 8249 9617
10. Modbury	Salvation Army HealthLink 138 Reservoir Rd 5092	(08) 8264 8300	(08) 8264 0133
11. Myrtle Bank	Southern Cross Care 18 Cross Rd 5064	(08) 8433 0475	(08) 8338 6790
12. Newton	ACH 163 Montacute Rd 5074	(08) 8360 9433	(08) 8357 3255
13. North Adelaide	Helping Hand 49 Buxton St 5006	(08) 8281 2884	(08) 8281 1608
14. North Plympton	Southern Cross Care 342 Marion Rd 5037	(08) 8179 6825	(08) 8297 7615
15. Paradise	Resthaven 61 Silkes Rd 5075	(08) 8337 4371	(08) 8336 9952
16. Payneham	Life Care Wellington Centre 2 Portrush Rd 5070	(08) 8336 2488	(08) 8336 2788
17. Ridgehaven	Masonic Homes 33 Golden Grove Rd 5092	(08) 8375 1525 (08) 8219 8257	(08) 8375 1515
18. Salisbury	Helping Hand 3 Church St 5108	(08) 8281 2884	(08) 8281 1608

To refer to a day therapy centre use the CNAHS Day Therapy Centre referral form on page 19.

CNAHS day therapy centres map



Day Rehabilitation Centre

What is the Day Rehabilitation Centre?

Based at Hampstead Centre, the DRC provides specialist multidisciplinary rehabilitation programs to adults living in the community. The centre hosts a range of programs and services which aim to ensure that clients receive the best possible care to meet their rehabilitation goals. The service is free.

Rehabilitation is provided in fully equipped facilities, adjacent the Centre for Physical Activity in Ageing (CPAA), hydrotherapy pool and community setting. The multidisciplinary team includes Dietitian Services, Exercise Physiology, Geriatrician Service, Occupational Therapy, Physiotherapy, Social Work and Speech Pathology.

DRC also hosts a large Speech Pathology Student Unit and Chronic Heart Failure Program.

Who is eligible?

To benefit from our subacute rehabilitation programs, clients over 18 years of age must require rehabilitation to:

- > aid discharge from a hospital or inpatient rehabilitation facility particularly after stroke, orthopaedic surgery, fracture, amputation and deconditioning or address loss of function associated with a recent illness or event
- > require more than one discipline to address their clear rehabilitation goals
- > be medically stable.

How do I refer?

Allied health or doctors can refer to DRC by completing the referral form on pages 21 and 22. Please note that transport is not provided.



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:

- > general exercise
- > circuit exercise
- > water exercise
- > chronic disease management
- > exercise rehabilitation (hydrotherapy, gym or home-based exercise)
- > 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 the referral form on page 25. Please note that transport is not provided.

For more information, contact the Centre for Physical Activity in Ageing on 8222 1891 or email cpaa@hampstead.rah.gov.au

Strength for Life

What is the Strength for Life Program?

Developed by COTA Seniors Voice and running at multiple gyms and community centres across CNAHS, the program provides:

- > progressive strength training sessions, supervised by a qualified fitness instructor
- > minimum of two sessions per week
- > assessments for all clients by an appropriate fitness professional (in some cases an exercise physiologist) and a personalised program
- > an opportunity for participants to socialise before and after exercise sessions

Cost

Small fees do apply, please contact your local Strength for Life instructor for costs.

Who is eligible?

Individuals over 50 years of age who are independent with mobility and transfers.

How do I refer?

Allied health or GPs can refer to the program by completing the referral form on page 23. This referral form also lists all the current providers. Clients can contact the chosen fitness provider to start their program. Please note that transport is not provided.

For more information, contact COTA Seniors Voice on 8232 0422.



Councils in the CNAHS region

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.

Council	Address	Phone	Fax
Adelaide City Council	25 Pirie St Adelaide 5000	(08) 8203 7203	(08) 8203 7575
Burnside City Council	401 Greenhill Rd Tusmore 5065	(08) 8366 4200	(08) 8366 4299
Cambelltown City Council	172 Montacute Rd Rostrevor 5073	(08) 8366 9222	(08) 8337 3818
Charles Sturt Council	72 Woodville Rd Woodville 5011	(08) 8408 1111	(08) 8408 1122
Port Adelaide Enfield City Council	163 St Vincent St Port Adelaide 5015	(08) 8405 6600	(08) 8405 5666
City of Playford	10 Playford Bvd Elizabeth 5112	(08) 8256 0333	(08) 8256 0578
Prospect City Council	128 Prospect Rd Prospect 5082	(08) 8269 5355	(08) 8269 5834
Salisbury City Council	12 James St Salisbury 5108	(08) 8406 8222	(08) 8281 5466
Tea Tree Gully City Council	571 Montague Rd Modbury 5092	(08) 8397 7444	(08) 8397 7400
The City of Norwood, Payneham and St Peters	175 The Parade Norwood 5067	(08) 8366 4555	(08) 8332 6338
Unley City Council	181 Unley Rd Unley 5061	(08) 8372 5111	(08) 8271 4886
Walkerville Town Council	66 Walkerville Tce Gilberton 5081	(08) 8344 7711	(08) 8269 7820
West Torrens City Council	165 Sir Donald Bradman Drive, Hilton 5033	(08) 8416 6333	(08) 8443 5709

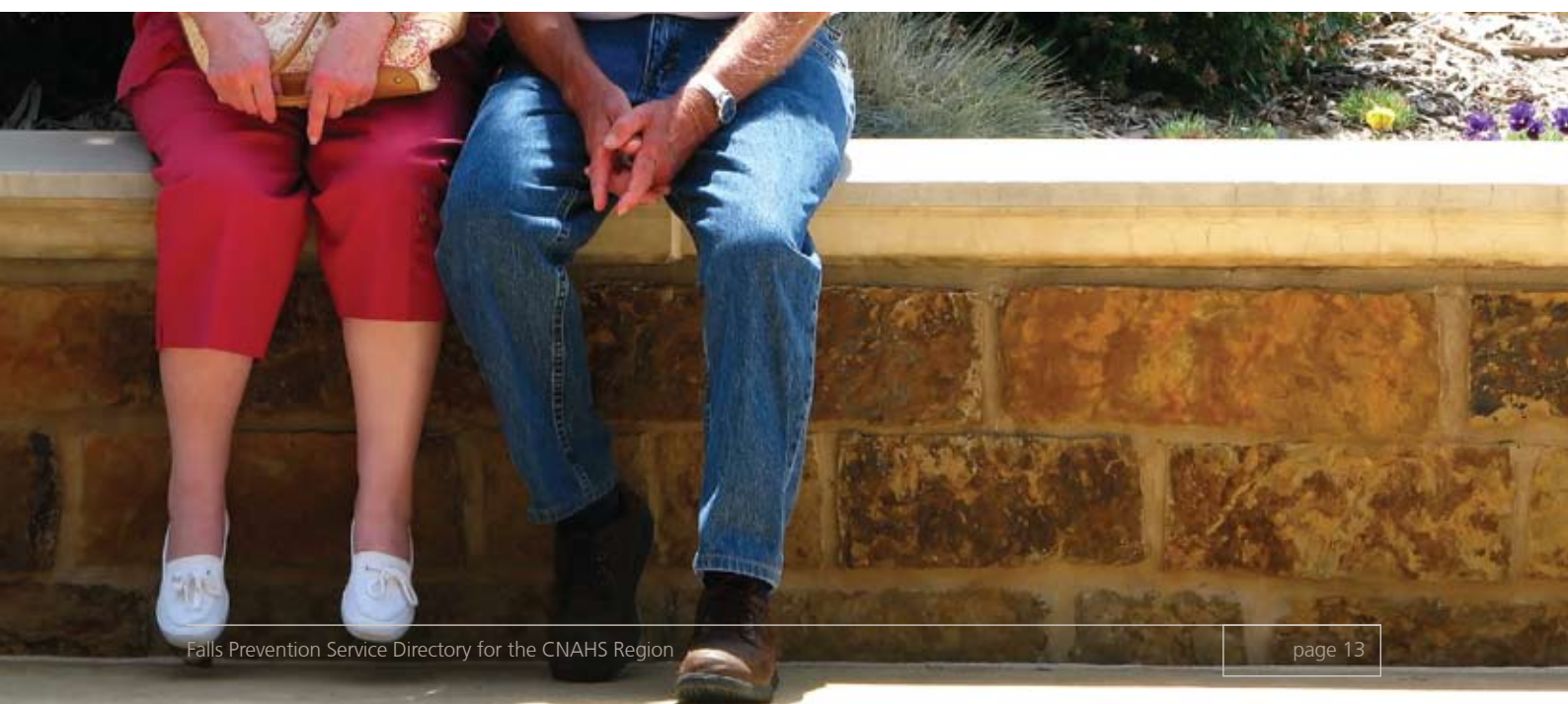
Vestibular services – private

Business Name and Physiotherapist	Address	Contact
Ann Buchan and Associates Ann Buchan	160 Unley Rd Unley SA 5061	Tel: (08) 8373 2132 Mobile: 0402 231 514 Email: anphysio@optusnet.com.au info@unleyphysio.com.au
Dizziness and Balance Disorders Margaret Sharpe	67 King William Rd Unley SA 5061	Tel: (08) 8291 8577 info@dizzinessbalancedisorders.com.au www.dizzinessbalancedisorders.com.au
James McLoughlin Neurophysiotherapy James McLoughlin	539 Brighton Rd South Brighton SA 5048 63 Portrush Road Payneham SA 5071	Tel: (08) 8363 0458 www.neurophysiotherapy.com.au/index.html admin@neurophysiotherapy.com.au
Edwina Reid Neurophysiotherapy	76b Kensington Rd Rose Park SA 5067	Tel: (08) 8331 2700 Mobile: 0412 698 844 www.neurophysio.net.au
Neuro Sense Physiotherapy Tori Wilckens	131 Sydenham Rd Norwood SA 5067	Tel: (08) 8365 5113 Mobile: 0412 253 412 Fax: (08) 8365 5673 toriwilckens@neurosense.net www.neurosense.net
Susan Hillier	Home visits and clinic work	Tel: 0419 034 578
Tamina Levy	5/259 Unley Rd Malvern SA 5061	Mobile: 0409 282 210
Karyn Powell Physiotherapy and Rehabilitation Home Visits		Mobile: 0419 840 484 kpowellphysio@internode.on.net

Vestibular services – public

Site name	Physiotherapist	Contact
Lyell McEwin Hospital Haydown Road Elizabeth Vale SA 5112	Louise Brumby	Tel: (08) 8182 9000 Pager number 6256 Louise.Brumby@health.sa.gov.au
The Queen Elizabeth Hospital 28 Woodville Road Woodville SA 5011	Michelle Hardy Rachel Dempsey Leigh Rushworth	Tel (08) 8222 6000 Michelle.Hardy2@health.sa.gov.au Rachel.Dempsey@health.sa.gov.au Leigh.Rushworth@health.sa.gov.au
Hampstead Rehabilitation Centre 207-255 Hampstead Road Northfield SA 5085	Annabel Tolfts* Simon Mills*	Tel: (08) 8222 1600 Simon.Mills@health.sa.gov.au Annabel.Tolfts@health.sa.gov.au
University of South Australia School of Health Sciences City East Campus	Dr Susan Hillier	Tel: (08) 8302 2544 Susan.Hillier@unisa.edu.au

*resource only



Relevant services in the CNAHS region

Organisation	Website	Phone
Aboriginal Health Council	www.ahcsa.org.au	(08) 8243 5611
Access 2 Home Care	www.ageing.sa.gov.au	1300 130 551
Active Ageing Australia	www.activeageingsa.net.au	(08) 8232 9077
Alzheimers Australia	www.alzheimers.org.au	1800 100 500
Arthritis Association	www.arthritissa.org.au	(08) 8379 5711 1800 011 041
Australian Association of Social Workers	www.aasw.asn.au	(08) 8231 9977
Australian Physiotherapy Association	www.physiotherapy.asn.au	(08) 8362 1355 1300 666 772
Australian Podiatry Association SA	www.podiatrysa.net.au	(08) 8363 4144
Australian Psychological Society	www.psychology.org.au	(03) 8662 3300
Central Referral Unit		1300 110 600 fax 8342 8632
Commonwealth Care Link	www.carelinksa.asn.au	1800 053 222
Continence Resource Centre SA	www.continencesa.org.au	(08) 8266 5260 1300 885 886
COTA Seniors Voice	www.seniorsvoice.org.au	(08) 8232 0422
Department of Veteran Affairs	www.dva.gov.au	133 254 1800 801 945
Diabetes SA	www.diabetessa.com.au	(08) 8234 1977
Dietitians Associations of Australia	www.daa.asn.au	(02) 6163 5200
Domiciliary Care SA	www.domcare.sa.gov.au	(08) 8193 1234
Ethnic Link Services		(08) 8241 0201
Exercise Sports Science Australia (ESSA)	www.essa.org.au	(07)3856 5622
Falls Prevention team (CNAHS)		1300 0 FALLS (1300 0 32557)
Guide Dogs SA and Low Vision Services	www.guidedogs.org.au	1800 738 855 (08) 8203 8332
Health Direct	www.healthdirect.org.au	1800 022 222
Home Medicines Review		Refer client to GP (08) 8271 8988
Human Services Finder	www.hsfinder.sa.gov.au	



Organisation	Website	Phone
Independent Living Centre	www.disability.sa.gov.au	(08) 8266 5260 1300 885 886
Optometrists Association Australia	www.optometrists.asn.au	(08) 8338 3100
Osteoporosis Association	www.osteoporosis.org.au	(08) 8379 5345 1800 242 141
OT Australia SA	www.otsa.org.au	(08) 8342 0022
Preventive Care Centre RAH		(08) 8222 5219
Royal Society for the Blind	www.rsb.org.au	(08) 8223 6222 1800 644 577
South Australian Falls Prevention	www.fallssa.com.au	
Seniors Information Service	www.seniors.asn.au	(08) 8232 1441 1800 636 368

Other contacts:





Referral forms

CNAHS Falls Assessment Clinic referral form	18
CNAHS Day Therapy Centre referral form	19-20
Day Rehabilitation Centre referral form	21-22
Strength for Life referral form	23-24
CPAA referral form	25



To Falls Assessment Clinics CNAHS	Fax No 1300 467 567
Attention	No of pages (including this page)
From	Designation
Organisation	Date of discharge
Date	Contact phone Alternate contact phone

Confidential Urgent Please tick: DVA Dom. Care client
 Subject – Referral to CNAHS Falls Assessment Clinic Private health

Patient details (please print clearly)	GP details (please print clearly)
Name	Name
Street	Practice name
Suburb	Street
Phone number	Suburb
Date of birth	Phone number
UR number (if relevant)	Fax number

Criteria for eligibility

- Lives in the CNAHS region
- Client consents to referral
- Aged 65 or older
(or 45 years for Aboriginal and Torres Strait Islanders)
- Multiple co-morbidities
- Is not currently attending a multidisciplinary program
- 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

Locations

Hampstead Centre
Day Rehabilitation Centre
207–255 Hampstead Road
Northfield SA 5085

The Queen Elizabeth Hospital
Area 4, Outpatient Clinic
Woodville Road
Woodville South SA 5011

Tel: 1300 0 FALLS (1300 0 32557)
Fax: 1300 467 567

Important

Attach details of patient presentation, PMHx, current medications and other relevant information
(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).



To the coordinator of

Fax

Patient details

Name Interpreter required Yes No
 Address Language

Date of birth Aboriginal or Torres Strait Islander Yes No
 Phone Please tick: Private health DVA
 Contact person Dom Care client Pensioner
 Phone Medicare no

Past medical history

Current medications

Reason for referral

Patient consent

Yes No *Consent to health professionals visiting me in my own home.*
 Yes No *Consent to my referrer providing my medical history to health professionals and community service providers.*
 Verbal consent or Signature Date

Services requested (refer to map overleaf, not all services are available)

<p>1:1 Services</p> <input type="checkbox"/> Dietitian ^{2,5} <input type="checkbox"/> Podiatry ¹⁻¹⁸ <input type="checkbox"/> Social work ^{2,12,15} <input type="checkbox"/> Physiotherapy ¹⁻¹⁸ <input type="checkbox"/> Continence Mx ^{2,5,15} <input type="checkbox"/> Home rehabilitation ¹⁷	<input type="checkbox"/> Speech pathology ^{2,6,7,1,15} <input type="checkbox"/> Home assessment ^{2,3,5,6,7,8,9,11-17} <input type="checkbox"/> Aquatic physiotherapy ^{5,6,9,11,12,14,15} <input type="checkbox"/> Occupational therapy ^{2,3,6,7,8,9,11 to 17}	<p>Group Programs:</p> <input type="checkbox"/> Falls and balance ^{1-9, 11,12,14 to 17} <input type="checkbox"/> Osteoporosis ^{9,11,14} <input type="checkbox"/> Arthritis groups ^{2,3,6,9,11,14} <input type="checkbox"/> Pilates ¹⁶ <input type="checkbox"/> Parkinson's groups ^{2,6,7,9,11,14,15,16} <input type="checkbox"/> Back Ed ⁷ <input type="checkbox"/> Chronic condition Mx ^{2,7,9,11,14,15,16} <input type="checkbox"/> Stroke self Mx ^{2,15} <input type="checkbox"/> Pulmonary Rehab ^{2,9,11,14} <input type="checkbox"/> Tai Chi ^{2,5,7,9,11,14,16} <input type="checkbox"/> <input type="checkbox"/> Group Ex classes ¹⁻¹⁸
--	--	---

Are there any precautions or limitations that should be avoided? Yes No

Client suitable to participate in a group exercise program? Yes No

Referring person

Name.....
 Agency/relationship

Address

Contact number

Date Sign

General practitioner details

Name.....
 Address

Contact number

Fax.....

Provider number

Medical clearance obtained Yes No

Date Sign

Day therapy centres in CNAHS

Suburb	Organisation/Street	Phone	Facsimile
1. Clearview	Uniting Care 254 Hampstead Rd, 5085	8262 3377	8262 3060
2. Elizabeth	Resthaven 16 Gillingham Rd, 5112	8252 6811	8252 6822
3. Elizabeth Park	Anglicare Unit 19, 110 Yorketown Rd, 5113	8287 5521	8255 7157
4. Glynde	LHI Retirement Services 24 Avenue Rd, 5070	8336 0111	8365 6351
5. Greenacres	ECH 1/1 Rellum Rd, 5086	8369 3393	8261 0059
6. Hendon	Acacia Court 81 Tapleys Hill Rd, 5014	8243 1844	8243 0430
7. Henley Beach	ECH 168 Cudmore Tce, 5022	8356 3169	8356 7014
8. Ingle Farm	Helping Hand Shackleton Ave, 5098	8281 2884	8281 1608
9. Largs Bay	Southern Cross Care Kennedy Court, 5016	8242 2985	8249 9617
10. Modbury	Salvation Army HealthLink 138 Reservoir Rd, 5092	8264 8300	8264 0133
11. Myrtle Bank	Southern Cross Care 18 Cross Rd, 5064	8433 0475	8338 6790
12. Newton	ACH 163 Montacute Rd, 5074	8360 9433	8357 3255
13. North Adelaide	Helping Hand 49 Buxton St, 5006	8281 2884	8281 1608
14. North Plympton	Southern Cross Care 342 Marion Rd, 5037	8179 6825	8297 7615
15. Paradise	Resthaven 61 Silkes Rd, 5075	8337 4371	8336 9952
16. Payneham	Life Care Wellington Centre, 2 Portrush Rd, 5070	8336 2488	8336 2788
17. Ridgeway	Masonic Homes 33 Golden Grove Rd, 5092	8375 1525 8219 8257	8375 1515
18. Salisbury	Helping Hand 3 Church St, 5108	8281 2884	8281 1608



Day Rehabilitation Centre referral form



Hampstead Telephone: (08) 8222 1848 Fax: (08) 8222 1879

CHIS file no: _____ Episode no: _____

URN	DOB	Age
Name		
Address		
Suburb	Postcode	
Telephone		
Mobile		
Gender	Pension type	
COB	Language	
Is client of Aboriginal origin?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is client a Torres Strait Islander?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Both Aboriginal and Torres Strait Islander?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is client receiving a TCP?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
TCP Provider _____		
Is an interpreter required?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, specify: _____		

Consent to release information? Yes No

Contact person

Relationship _____

Address _____

Suburb _____ P/C _____

Telephone _____

Mobile _____

General practitioner

Address _____

Suburb _____

Telephone _____

Fax _____

Has GP been contacted? Yes No

Consultant(s)/specialist(s) _____

Relevant OPD appointments _____

Date of anticipated discharge _____

Services requested

- | | | |
|---|---|--|
| <input type="checkbox"/> Physiotherapy/hydrotherapy | <input type="checkbox"/> Occupational therapy | <input type="checkbox"/> Exercise physiology |
| <input type="checkbox"/> Speech pathology | <input type="checkbox"/> Social work | <input type="checkbox"/> Geriatrician <input type="checkbox"/> Dietitian |

Rehabilitation goals (please relate goals to requested services)

Medical

Presenting condition _____

Date of onset/history of presenting condition _____

Medical alerts (include allergies, MRSA, VRE) _____

Past medical history/co-morbidities _____

Any other relevant information (continence, pain management, medications)

Cognitive/perceptual abilities (insight, mood, behaviour, memory)

Communication difficulties (include speech, vision and hearing)

Current accommodation

Private residence (including retirement village)

Residential aged care - hostel

Residential aged care - nursing home

Community group home (SRF etc)

Boarding house

Other - please specify

Current level of support required

Lives alone, no support required

Lives with others, no support/care required

Lives alone with external support

Lives with others who provide support/care

Lives with others with external support

Other - please specify

Community services (eg MHL, Dom Care SA, Disability SA, MOW)

Loan equipment on discharge (please also state source and loan team)

Functional abilities (please include any assistance required or equipment used)

Mobility/wheelchair skills

Transfers

Personal care

Home duties

Transport drives community bus access cab other

Is license revoked or suspended Yes No

Interests/current employment

Client's ability/motivation to participate in rehabilitation

Referrer details

Signature of referrer	Printed name
Discipline	Referral date
Telephone	Agency
Email	Fax

IMPORTANT: Please attach all relevant information, including discharge summary and reports

Strength for Life 50+ referral form

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		Phone number (1)
Suburb	Post code	Phone 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?

Recommended strength training/balance/stretches:

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	Phone number
Organisation	
Address	

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

Strength for Life locations in CNAHS

Suburb	Organisation/ Street	Phone
1. Angle Park	Parks Sports and Fitness, Cowan St, 5010	8243 5683
2. Athelstone	Betterbods, Foxfield Oval, Maryvale Rd, 5076	0415 238 335
3. Burnside	Goodlife Health Club, 539 Greenhill Rd, 5066	8364 2933
4. Enfield	Fit Life Health and Fitness Centre, 42 Warwick St, 5085	8262 1925
5. Evanston Park	Starplex Gawler, Cnr Alexander Ave and Trinity Dr, 5116	8552 0622
6. Fairview Park	Benefitness and Health Centre, 341 Hancock Rd, 5126	8251 3011
7. Hindmarsh	Adelaide Health and Fitness, 19 Holden Street 5007	8346 9544
8. Holden Hill	Fitness First, 9/560 North East Rd, 5088	8266 2200
9. Hope Valley	City Of Tea Tree Gully, Barracks Rd Community Facility, Barracks Rd 5090	8397 7442
10. Ingle Farm	Funlife Fitness Centre, 11 Roopena St, 5098	8264 3918
11. Kidman Park	Viva Fitness, 3 Keele Pl, 5025	8353 5533
12. Klemzig	Klemzig Fitness, 226 North East Rd, 5087	8369 0313
13. Modbury	Goodlife Health Club, 97 Smart Rd, 5092	8396 7333
14. Modbury North	Changes Health and Fitness Centre, 239 Milne Rd, 5092	8263 6099
15. Mt Barker	Adelaide Hills YMCA, 2 Howard Lane, 5251	8391 0222
16. Mt Barker	Mount Barker Gymnasium, 64 Wellington Rd, 5251	8391 1422
17. North Adelaide	Adelaide Aquatic Centre, Jeffcott Rd, 5006	8203 7665
18. North Adelaide	Fitness On The Park, 64 Mckinnon Parade	8267 1887
19. North Adelaide	Goodlife Health Club, Corner O'Connell and Archer St, 5006	8230 0555
20. Osborne	LeFevre Community Centre, 541 Victoria Rd, 5017	8248 1828
21. Ovingham	North Adelaide Fitness Centre, 2a Hawker St, 5082	8344 7187
22. Pooraka	Fit Life Health and Fitness Center, 130 Bridge Rd, 5095	8262 2086
23. Royal Park	Goodlife Health Club, 1202 Old Port Rd, 5014	8241 0444
24. Salisbury	The Lodge Health and Wellness Centre, 1587 Main Nth Rd, 5109	8258 9066
25. Smithfield Plains	City Of Playford, John McViety Centre, 182 Peachey Road	0488 135 783
26. Virginia	City Of Playford, Virginia Institute, Old Pt Wakefield Road	8256 0209
27. Walkerville	Inner North East Adelaide YMCA, 39 Smith St, 5081	8344 3811
28. West Lakes	EFM West Lakes, Canoe SA Building, Bower Rd, 5021	0412 003 884
29. Woodville	CASA Leisure, Fitness @ St Clair, 109 Woodville Rd, 5011	8445 8344



For more information

**Falls Prevention Team
Ambulatory and Primary Health
Central Northern Adelaide Health Service
PO Box 508 Prospect East 5082
Telephone: 1300 0 FALLS (1300 0 32557)
Facsimile: 1300 467 567**

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre on (08) 8226 1990 and ask them to call the Central Northern Adelaide Health Service. This service is free.

© Department of Health, Government of South Australia.
All rights reserved. Printed April 2010, version 3. 10139.



**Government
of South Australia**

SA Health