

# Falls Prevention Service Directory



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### Disclaimer

This directory has been prepared for the SAHS 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.

## A word from our Chief Operating Officer



Southern Adelaide Health Service (SAHS) has a strong commitment to the delivery of falls prevention services. It has worked closely with partner services in the region over many years to build a community service response to the needs of clients who have had a fall or are at risk of falling in our region.

This directory will further support this work and provide up to date information on the range of falls prevention services in our region.

### About SAHS

SAHS provides care for around 330,000 people living in the southern metropolitan area of Adelaide. Our 7,000 skilled staff provide high-quality patient care, education, research and health promoting services.

### Population and Primary Health Care Services

The population and Primary Health Care Directorate is responsible for the delivery of a range of primary health care services across the southern region, with a focus on providing preventative, health promoting programs and supporting people in maintaining their health, especially as they return to the community after a hospital stay.

### The Importance of Falls Prevention

One third of people aged more than 65 years fall each year, with 10 percent of these falls resulting in injury. This can result in the individual's loss of independence from an injury or fear of falling. Falls have a major impact on the health and wellness of our community.

There are a number of factors that contribute to an individual's risk for falls including issues with balance, vision and changes in health. A multidisciplinary approach to address the contributing factors has been shown to reduce the risk of falling. Systems that support individuals to connect to local services improve access and uptake.

### The Southern Community Falls Prevention Team

The Southern Community Falls Prevention Team, in partnership with community services, has developed the Pathways To Independence Program. Enrolment in this program enables the coordination of falls prevention services in the southern Adelaide region including identifying people at risk of falls, and falls risk factors, connecting with appropriate local services and monitoring throughout the program. The Falls team also coordinate the Southern Region Falls Prevention Network, increasing regional capacity and consistency in falls service provision through education and joint initiatives.

This Falls Service Directory will further support the regional knowledge on services available in falls prevention.

A handwritten signature in black ink, appearing to read 'Chris Seiboth', written in a cursive style.

Chris Seiboth  
Chief Operating Officer SAHS

## Pathways to Independence Falls Program (SAHS)

In the southern health region a pathway has been developed to coordinate falls prevention services for community dwelling clients who have a history of falling or who are at risk of falling. An in-home falls risk assessment is offered, with referral to interventions/services to address identified risk factors. Follow up and monitoring ensures that clients receive these services. Communication with GPs is an integral part of the provision of this service.

For further information, please contact the Southern Falls Prevention Team - Community Falls Liaison at SAHS - telephone: 82017816

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### What does the program offer?

Enrolment in the Pathways to Independence - Minimising Functional Decline Program enables the coordination of falls prevention services in the southern Adelaide region including:

- > assessment of modifiable falls risk factors
- > development of an action plan to address identified issues
- > referrals made to the appropriate services providers
- > follow-up and coaching
- > communication with GPs, acute hospitals, etc.

### Who is the program for?

- > The program is for adults living in the community who are experiencing early physical decline – identified by having had a fall, or who are at risk of falling, due to modifiable risk factors.

### Who can refer?

- > South Australian Ambulance Service
- > acute hospitals in the SAHS
- > GP practices
- > community referrers.

### What are the benefits?

- > comprehensive assessment of issues
- > easy systems of referral including a common entry point
- > clear coordination of services for older people
- > regular communication between patient, GP and service providers
- > improved access to appropriate health care services close to home
- > monitoring throughout the program.

### Questions?

For further information about the Pathways to Independence - Minimising Functional Decline Program please contact the Southern Community Falls Team on (08) 8201 7816.

## Falls Assessment Clinic (SAHS)

Region	Address	Telephone	Facsimile
SAHS	Falls and Injury Assessment Clinic, Repatriation General Hospital Rehab and Therapy Services Building, Daws Rd, Daw Park SA 5041	(08) 8275 2807	(08) 8275 1130

### What is a falls assessment clinic

A falls assessment clinic is a comprehensive assessment specific to falls prevention carried out by a geriatrician and nurse. Physiotherapy and occupational therapy referrals are made if required. Recommendations are made and clients are followed up. This is a free service.

### Who is eligible?

Falls clinics are suited to individuals who have:

- > suffered an injurious fall
- > a history of two or more falls in the past 12 months
- > a history of dizziness/vertigo
- > experienced one fall with serious injury.

### How do I refer to the Falls Clinic

GP's can refer to the clinic by completing the Falls Clinic referral form, Appendix A.



## Day Therapy Centres FAQs

### 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 frail, aged people who are living in the community. Services offered 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.

### Who is eligible?

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.

DTCs are suited to individuals who are:

- > over 60 years of age (Aboriginal and Torres Strait Islander people 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
- > 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 DTC, use the Southern region Day Therapy Centre Common Referral Form, Appendix B.





## Strength for Life Programs

### What is the Strength for Life Program?

The program developed by COTA Seniors Voice (CSV) runs at multiple gyms and community centres across SAHS and provides access to:

- > progressive strength training sessions, supervised by a qualified fitness instructor
- > sessions carried out at least twice a week at an allocated time
- > assessments for all clients by an appropriate fitness professional (in some cases an exercise physiologist) and a personalised program
- > low costs - maximum charge of:
  - > \$6 per session or an equivalent monthly or weekly fee
  - > \$25 for a one off exercise program with an instructor
  - > \$45 for an assessment with Exercise Physiologist if required
- > an accessible and safe environment for people 50 years and over
- > an area for participants to socialise before and after the exercise session.

### About strength training ...

*Muscle strength can be regained and maintained no matter what the age and physical condition of the participant.*

### Who is eligible?

- > individuals over 50 years of age
- > independent with mobility and transfers.

### How do I refer?

Anyone can refer to the program by completing the referral form, Appendix C. This referral form lists all the current providers.

Ask the client to make contact with the chosen fitness provider to start their program. Please note, transport is not provided.

For further information contact the Strength for Life Project Officer: (08) 8232 0422.

## Councils in the SAHS

Councils may offer connections to, and information about, support services for people over 50, falls prevention related activities such as sporting and recreational options, home assist services - including some home modifications, and are linked with community centre activities.

Council	Address	Telephone	Facsimile	Website
City of Holdfast bay	24 Jetty Road, Brighton SA 5048	8229 9999	8298 4561	<a href="http://www.holdfast.sa.gov.au">www.holdfast.sa.gov.au</a>
City of Marion	245 Sturt Rd, Sturt SA 5047	8375 6600	8375 6699	<a href="http://www.marion.sa.gov.au">www.marion.sa.gov.au</a>
City of Mitcham	131 Belair Rd, Torrens Park SA 5062	8372 8888	8372 8101	<a href="http://www.mitchamcouncil.sa.gov.au">www.mitchamcouncil.sa.gov.au</a>
City of Onkaparinga	Ramsey Place, Noarlunga Centre SA 5168	8384 0666	8382 8744	<a href="http://www.onkaparingacity.com">www.onkaparingacity.com</a>



## Vestibular Services - Private

Business Name and Physiotherapist	Address	Contact
<b>Ann Buchan and Associates</b> Ann Buchan	160 Unley Road, Unley SA 5061	Telephone: (08) 8373 2132 Mobile: 0402 231 514 anphysio@optusnet.com.au info@unleyphysio.com.au
<b>Dizziness and Balance Disorders</b> Margaret Sharpe	67 King William Rd, Unley SA 5061	Telephone: (08) 8291 8577 info@dizzinessbalancedisorders.com.au <a href="http://www.dizzinessbalancedisorders.com.au">www.dizzinessbalancedisorders.com.au</a>
<b>Henry Rischbieth</b>	Suite 14/12 O'Connell Street North Adelaide SA 5006	Telephone: (08) 8239 1711 Mobile: 0412 812 914
<b>James McLoughlin Neurophysiotherapy</b> James McLoughlin	539 Brighton Road, South Brighton SA 5048  63 Portrush Road, Payneham SA 5071	Telephone: (08) 8363 0458 admin@neurophysiotherapy.com.au <a href="http://www.neurophysiotherapy.com.au">www.neurophysiotherapy.com.au</a>
<b>Edwina Reid Neurophysiotherapy</b> Edwina Reid      Victoria Veitch Kate Seeliger      Sue Winkler Julia Cox	76b Kensington Road, Rose Park SA 5067	Telephone: (08) 8331 2700 Mobile: 0412 698 844 <a href="http://www.neurophysio.net.au">www.neurophysio.net.au</a>
<b>Neuro Sense Physiotherapy</b> Tori Wilckens	2 Portrush Rd, Payneham SA 5071	Telephone: (08) 8365 5113 Mobile: 0412 253 412 Facsimile: 8365 5673 toriwilckens@neurosense.net <a href="http://www.neurosense.net">www.neurosense.net</a>
<b>Susan Hillier</b>	Home visits and clinic work	Mobile: 0419 034 578
<b>Tamina Levy</b>	216 Daws Rd, Daw Park SA 5051	Mobile: 0409 282 210

## Vestibular Services - Public

Site name	Physiotherapist	Contact
Flinders Medical Centre	Matt Sutton	Telephone: (08)8204 5498
<b>University of South Australia</b> School of Health Sciences City East Campus	Dr Susan Hillier	Tel: (08) 8302 2544 Susan.Hillier@unisa.edu.au

## Relevant Services in SAHS

Organisation	Website	Telephone
Aboriginal Health Council	<a href="http://www.ahcsa.org.au">www.ahcsa.org.au</a>	(08) 8243 5611
Active Ageing Australia	<a href="http://www.activeageingsa.net.au">www.activeageingsa.net.au</a>	(08) 8232 9077
Arthritis Association	<a href="http://www.arthritissa.org.au">www.arthritissa.org.au</a>	(08) 8379 5711 1800 011 041
Australian Association of Social Workers	<a href="http://www.aasw.asn.au">www.aasw.asn.au</a>	(08) 8231 9977
Australian Physiotherapy Association	<a href="http://www.physiotherapy.asn.au">www.physiotherapy.asn.au</a>	(08) 8362 1355 1300 666 772
Australian Podiatry Association SA	<a href="http://www.podiatrysa.net.au">www.podiatrysa.net.au</a>	(08) 8363 4144
Australian Psychological Society	<a href="http://www.psychology.org.au">www.psychology.org.au</a>	(03) 8662 3300
Commonwealth Care Link	<a href="http://www.carelinksa.asn.au">www.carelinksa.asn.au</a>	1800 053 222
Continence Resource Centre SA	<a href="http://www.continencesa.org.au">www.continencesa.org.au</a>	(08) 8266 5260 1300 885 886
COTA Seniors Voice Strength For Life Program	<a href="http://www.seniorsvoice.org.au">www.seniorsvoice.org.au</a>	(08) 8232 0422
Department of Veteran Affairs	<a href="http://www.dva.gov.au">www.dva.gov.au</a>	133 254 1800 801 945
Diabetes SA	<a href="http://www.diabetessa.com.au">www.diabetessa.com.au</a>	(08) 8234 1977
Dieticians Associations of Australia	<a href="http://www.daa.asn.au">www.daa.asn.au</a>	(02) 6163 5200
Domiciliary Care SA	<a href="http://www.domcare.sa.gov.au">www.domcare.sa.gov.au</a>	(08) 8193 1234
Ethnic Link Services		(08) 8241 0201
Exercise Sports Science Australia	<a href="http://www.essa.org.au">www.essa.org.au</a>	(07) 3856 5622
Falls Prevention Team (SAHS) Pathways To Independence Program		(08) 8201 7816 Facsimile 8201 7871
General Practice Network South	<a href="http://www.sdgp.com.au">www.sdgp.com.au</a>	(08) 8374 7000 Facsimile 8299 0362
Guide Dogs SA & Low Vision Services	<a href="http://www.guidedogs.org.au">www.guidedogs.org.au</a>	1800 738 855 (08) 8203 8332
Health Direct	<a href="http://www.healthdirect.org.au">www.healthdirect.org.au</a>	1800 022 222
Home Medicines Review		Refer client to GP (08) 8271 8988
Human Services Finder	<a href="http://www.hsfinder.sa.gov.au">www.hsfinder.sa.gov.au</a>	

Organisation	Website	Telephone
Independent Living Centre	<a href="http://www.disability.sa.gov.au">www.disability.sa.gov.au</a>	(08) 8266 5260 1300 885 886
Metro Home Link ( Home Support Services)	<a href="http://www.homenurses.com.au">www.homenurses.com.au</a>	1300 550 654
Optometrists Association Australia	<a href="http://www.optometrists.asn.au">www.optometrists.asn.au</a>	(08) 8338 3011
Osteoporosis Association	<a href="http://www.osteoporosis.org.au">www.osteoporosis.org.au</a>	(08) 8379 5345 1800 242 141
OT Australia SA	<a href="http://www.otsa.org.au">www.otsa.org.au</a>	(08) 8342 0022
Royal Society for the Blind	<a href="http://www.rsb.org.au">www.rsb.org.au</a>	(08) 8223 6222 1800 644 577
South Australian Falls Prevention	<a href="http://www.fallssa.com.au">www.fallssa.com.au</a>	
Seniors Information Service	<a href="http://www.seniors.asn.au">www.seniors.asn.au</a>	(08) 8232 1441 1800 636 368



# Division of Rehabilitation, Aged Care and Allied Health

## Appendix A: Falls Clinic Referral Form

Patient details				
Name:	_____			
Relationship/Agency:	_____			
Address:	_____			
Suburb:	_____ Post Code: _____			
Telephone Number:	_____ DOB: _____			
DVA Card No:	_____ RGH MRN No: _____			
NOK				
_____ _____				
Referral source				
Name:	_____			
Address:	_____			
Suburb:	_____ Post Code: _____			
Telephone Number:	_____ Facsimile: _____			
Provider No:	_____			
For: <small>(please tick)</small>				
<input type="checkbox"/> Memory Clinic	<input type="checkbox"/> Falls Clinic	<input type="checkbox"/> Tilt Table	<input type="checkbox"/> Syncope	<input type="checkbox"/> MS Clinic
<input type="checkbox"/> Rehab Musculoskeletal Clinical	<input type="checkbox"/> Veterans Ambulatory Geriatric Assessment Service (Victor harbor)			
Problems:				
_____ _____				
Relevant history				
_____ _____				
Signature:	_____ Date: _____			
Date of referral:	_____ Referral period: _____			

For all appointments and enquiries please phone: Repatriation General Hospital, Division of Rehabilitation, Aged Care & Allied Health telephone: 8275 1103, facsimile: 8275 1130

Clinical Address: Reception, Rehabilitation Unit

## Appendix B: Referral Form for Day Therapy Services in Southern Region

Developed by the FMC Physiotherapy Department

To the Coordinator of... CC: General Practitioner for information and follow-up

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### Patient Details / Affix Sticker

Ability to speak understand English  No  Yes

Language Spoken \_\_\_\_\_

Aboriginal/TSI  No  Yes

NOK/Contact Person: \_\_\_\_\_

### Current medications

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---

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### Current medications

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### Reason for Referral

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### Service(s) Requested

Physiotherapy  Podiatry  Dietician  Speech Pathology

Occupational therapy  Other: \_\_\_\_\_

Client is suitable to participate in a group program  No  Yes

Are there any limitations or movements that should be avoided  No  Yes

### Referring person (if not the GP):

Name: \_\_\_\_\_

Relationship/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Post code: \_\_\_\_\_

Contact phone number: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### General Practitioner:

Name: \_\_\_\_\_

Relationship/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Post code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

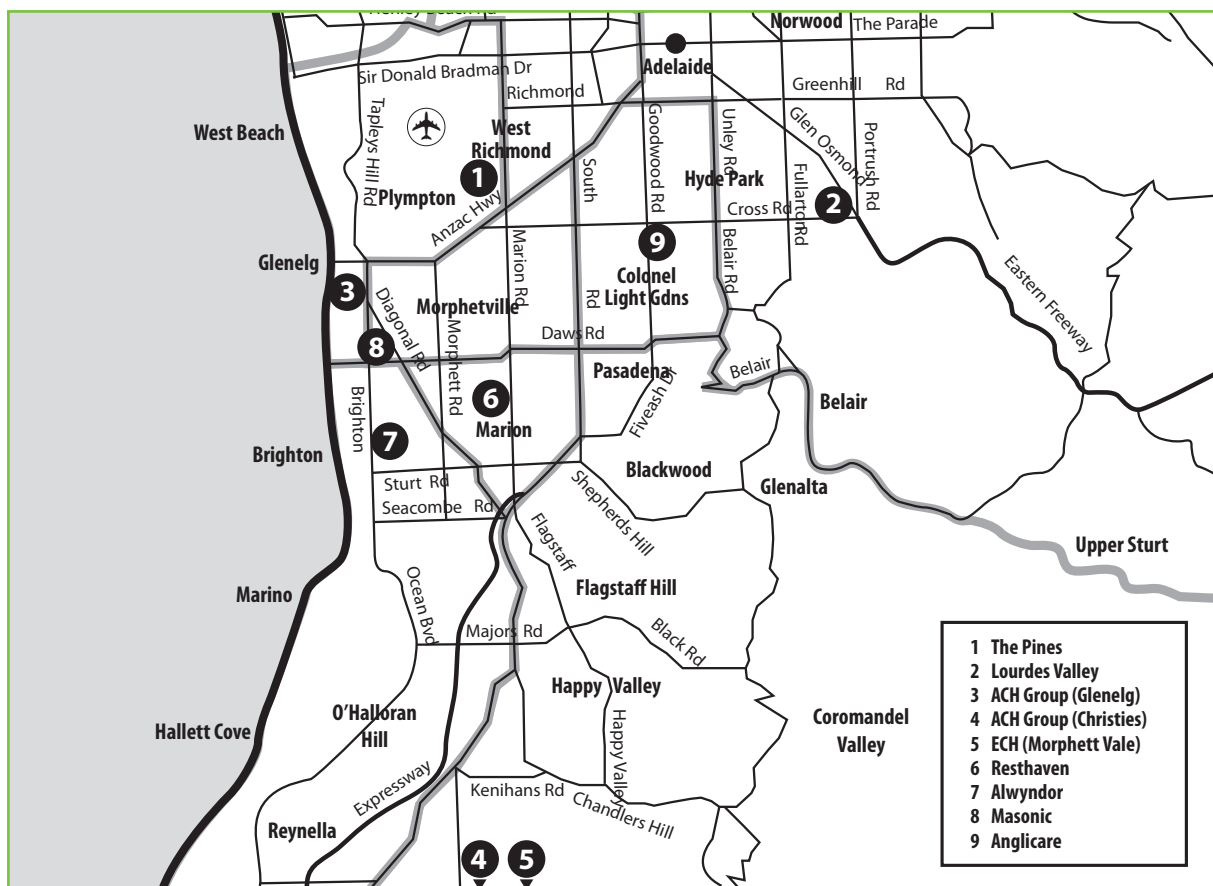
Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Appendix B: Referral Form for Day Therapy Services in Southern Region continued

Developed by the FMC Physiotherapy Department

	Location	Telephone	Facsimile
<b>1. North Plympton</b>	<b>The Pines</b> 342 Marion Road, North Plympton. South Australia, 5037.	8179 6825	8297 7615
<b>2. Myrtle Bank</b>	<b>Lourdes Valley</b> 18 Cross Road, Myrtle Bank. South Australia, 5064.	8379 9755	8433 0477
<b>3. Glenelg</b>	<b>Therapy Services West</b> 72 Brighton Road, Glenelg. South Australia, 5045.	8349 3515	8349 3594
<b>4. Christie Downs</b>	<b>Therapy Services South</b> 17 Elizabeth Road, Christie Downs. South Australia, 5164.	8349 3515	8349 3594
<b>5. Morphett Vale</b>	<b>ECH-Southern Therapy Service</b> 126 Pimpala Road, Morphett Vale. South Australia, 5162.	8322 5700	8322 2711
<b>6. Marion</b>	<b>Resthaven</b> 43 Finnis Street, Marion. South Australia, 5043.	8296 4042	8358 3482
<b>7. Hove</b>	<b>Alwyndor Rehabilitation and Support Services</b> 52 Dunrobin Road, Hove. South Australia, 5048.	8298 8849	8298 9025
<b>8. Somerton Park</b>	<b>Masonic Therapy Services</b> Grainger Road, Sumerton Park. South Australia, 5044.	8375 1524	8375 1515
<b>9. Westbourne Park</b>	<b>Anglicare Therapy Services</b> 365 Goodwood Road, Westbourne Park. South Australia, 5041	8229 6723	8229 6755



## Appendix C: Strength for Life 50+ Referral Form

- |  |  |   |
|--|--|---|
| 1. Allied health or medical practitioner to complete referral form | 2. Choose a location of SFL Program (listing overleaf) | 3. Give referral form to client to book an appointment at the chosen location |
|--|--|---|

### Client Details:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

Daytime Telephone Number: \_\_\_\_\_ Alternative Contact Number \_\_\_\_\_

### 1. Goals for participating in this program are:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Improve Balance         | <input type="checkbox"/> Increase Fitness        | <input type="checkbox"/> Increase Flexibility |
| <input type="checkbox"/> Increase Social Contact | <input type="checkbox"/> Prevent Health Problems | <input type="checkbox"/> Increase Strength    |

### 2. 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 Problems    | <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: _____      |

### 3. Are there any precautions to participating in a SFL program?

\_\_\_\_\_

### 4. Recommended strength training/ balance/ stretches:

\_\_\_\_\_

### 5. Current medication? If yes, please list those that may affect client whilst exercising:

- |  |  |  |                                       |
|--|--|--|---------------------------------------|
| <input type="checkbox"/> Beta-blockers | <input type="checkbox"/> COPD medication | <input type="checkbox"/> Angina medication | <input type="checkbox"/> Other: _____ |
|--|--|--|---------------------------------------|

### Reason for Referral

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Organisation/Facility: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

### General Practitioner Details (if different from referrer)

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Organisation/Facility: \_\_\_\_\_

Address: \_\_\_\_\_

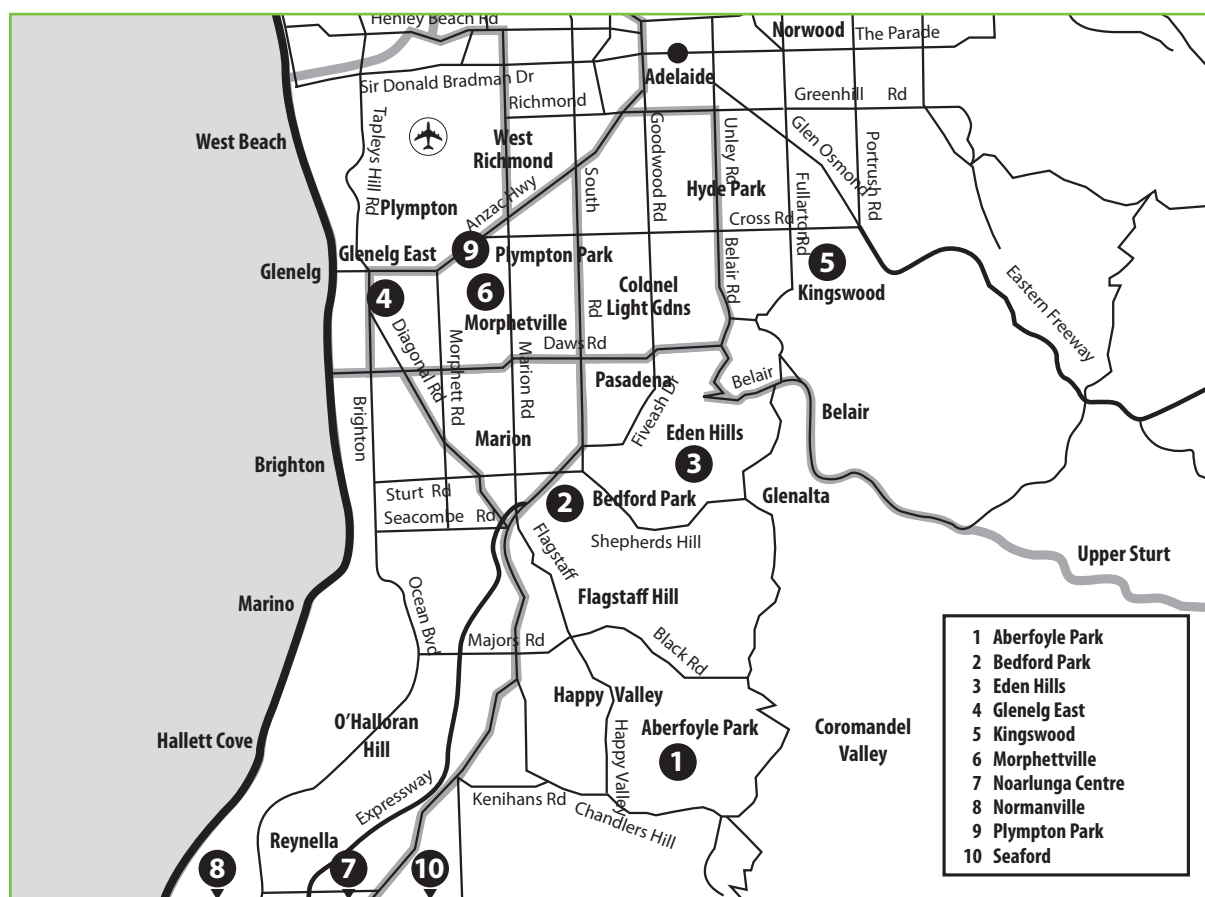
Suburb: \_\_\_\_\_ Post Code: \_\_\_\_\_

I understand that prior to commencing, my client will be prescribed a strength training program, based on the health information.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Appendix C: Strength for Life 50+ Referral Form continued

	Location	Telephone
<b>1. Aberfoyle Park</b>	<b>CASA Leisure-Fitness @ The Hub</b> 100 Taylors Rd, 5159	(08) 8270 3900
<b>2. Bedford Park</b>	<b>Flinders One Fitness</b> Alan Mitchell building, Registry Road. South Australia, 5042.	(08) 8201 2549
<b>3. Eden Hills</b>	<b>Blackwood Community Recreation Centre</b> 1 Northcote Rd. South Australia, 5050.	(08) 8278 8833
<b>4. Glenelg East</b>	<b>Goodlife Health Club</b> 520 Anzac Highway, Glenelg. South Australia, 5045.	(08) 8295 8488
<b>5. Kingswood</b>	<b>Goodlife Health Club</b> 11 Princes Road, Mitcham. South Australia, 5062.	(08) 8272 2266
<b>6. Morphettville</b>	<b>CASA Leisure - Marion Leisure Centre</b> cnr Oaklands Rd and Rosedale Ave. South Australia, 5043.	(08) 8294 6488
<b>7. Noarlunga Centre</b>	<b>Noarlunga Leisure Centre</b> David Whitton Drive. South Australia, 5168	(08) 8384 1144
<b>8. Normanville</b>	<b>Cheryl Carter Community Fitness</b> Unit 2, Andrews Ave. South Australia, 5204	(08) 8298 2225
<b>9. Plympton Park</b>	<b>Revive Fitness</b> 550 Marion Road. South Australia, 5038	(08) 8297 8433
<b>10. Seaford</b>	<b>CASA Leisure-Fitness - Seaford Recreation Centre</b> Grand Boulevard North. South Australia, 5169	(08) 8327 1555



- 1 Aberfoyle Park
- 2 Bedford Park
- 3 Eden Hills
- 4 Glenelg East
- 5 Kingswood
- 6 Morphettville
- 7 Noarlunga Centre
- 8 Normanville
- 9 Plympton Park
- 10 Seaford



For more information

**Southern Adelaide Health Service**  
Level 3A  
Sir Mark Oliphant Building  
Laffer Drive  
Science Park  
Telephone: 08 8201 7801  
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[www.southernhealth.sa.gov.au](http://www.southernhealth.sa.gov.au)

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of South Australia**

SA Health