

## Summary Points to Remember

- An assessment at the Falls and Balance Clinic will help to identify what can be done to reduce your risk of falling or losing balance

## Are you worried about falls?

Falling can have serious consequences such as broken bones, head injuries and other injuries as well as a loss of confidence in walking or participating in social activities. Unsteadiness can be a problem as you get older however it is not due to being old. There is usually more than one reason why people are falling or losing their balance and in many cases things can be done to reduce the risk of it happening again.

Some common factors that contribute to falls and unsteadiness include:

- Walking difficulties
- Dizziness
- Environmental hazards (eg uneven or slippery surfaces, rugs and steps)
- Medications

## What Is the Falls and Balance Clinic?

The Falls and Balance Clinic has a team of health professionals with expertise in balance and mobility problems for older people. After a detailed assessment the team will identify the main factors causing your unsteadiness or falls, develop a management plan with you and provide you and your carer/s with information and support.

The staff in the clinic will work with you, your carers and other health service providers to refer you to physiotherapy or exercise groups, provide information on how to make your home safer and simplify medication requirements. They may also offer counselling and other management strategies to help you maintain dignity, confidence and independence.

## What will happen at the clinic?

Your initial assessment is divided into two visits. These are usually two weeks apart. Both visits will take about two hours. On your first visit you will be seen by a specialist doctor and a podiatrist. On your second visit you will be seen by a physiotherapist, occupational therapist, nurse and sometimes a psychologist.

We will organise a follow-up appointment about six weeks and again about six months later. We will be interested to know how your balance has been over that time and we will be happy to discuss any new concerns.

## What should I bring?

- Your normal glasses / eye wear
- A list of your current medication
- Your usual shoes or footwear
- The normal walking aid/s you use eg a stick or walking frame

## Who is eligible

Anyone who experiences falls or balance related problems.

We generally see people who live in the local city council areas of Melbourne, Moreland and Hume but will accept referrals from other areas where there is not a similar Falls and Balance Clinic.

## How much does it cost?

There is no charge for this service. However, materials used outside of the clinic are not supplied.

## How do I arrange an assessment?

Referrals can be made via the Direct Access Unit (see details at bottom of page). Appointments are usually made by referral from your family doctor or specialist however we are happy to accept queries from anyone.

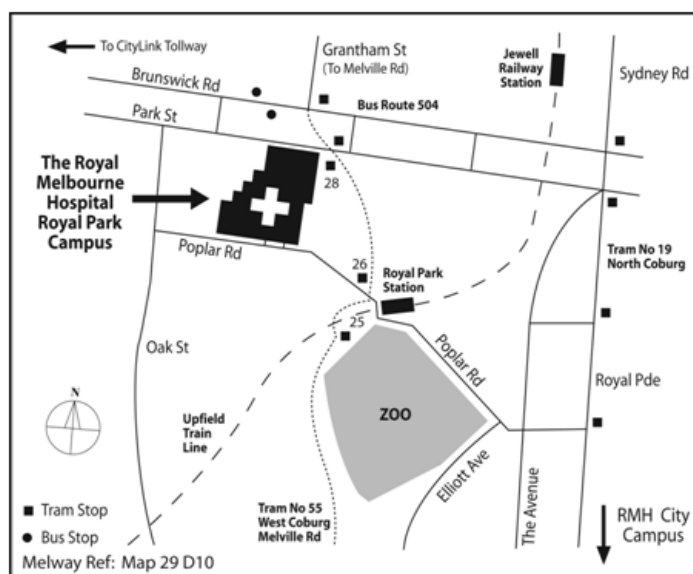
## How do I get there?

The Falls & Balance Clinic is held at:

Clinical Centre – Building 17  
RMH Royal Park Campus  
34-54 Poplar Road  
Parkville 3052

Taxis can drop you off at the front of the Clinical Centre, RMH Royal Park Campus.

Car Parking is available at a cost of \$7 payable on exit with coins only. Disabled persons' parking is available close to the Clinical Centre. Enter via Poplar Rd via Gate Four.



## Contact

### Direct Access Unit

Ph: 8387 2333

Fax: 8387 2217

RMH Royal Park Campus

PO Box 7000

Carlton South 3053

RMH Royal Park Campus

Clinical Centre Reception

Ph: 8387 2194

## Practitioner / Patient notes

Sub-acute Ambulatory Care Services (SACS) | SACS01.04B | SACS Manager | Expiry December 2017



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