

Angliss Hospital

Member of Eastern Health

Promoting quality of life and
independence

What does the falls and balance clinic provide?

- It is a multidisciplinary service providing a specialist assessment for people experiencing falls, dizziness and unsteadiness with walking.
- It identifies causes for imbalance, risk factors and provides an appropriate treatment plan.
- Based on the assessment appropriate referrals are initiated.
- Assessment is provided by a Geriatrician, Physiotherapist and Occupational Therapist.

Areas of Assessment

- 1) Medical examination and medication review
- 2) Falls history
- 3) Strength, balance and gait
- 4) Vestibular assessment
- 5) Eye sight
- 6) Sensory assessment
- 7) Home risk assessment

Aim

- Our aim is to identify the reason for your falls, imbalance and dizziness and advise you on how to deal with the causes.
- To minimize the impact on your imbalance and maximize your quality of life

Who is suitable

A person who is;

- Able to walk 12 meters with or without walking aid.
- Is able to take in new information
- Is mentally alert
- Is able to follow instructions

Procedure

- You will be seen three times over a period of six months
- At the first assessment you will be seen by a Geriatrician, Physiotherapist and Occupational Therapist
- Following the assessment you will be advised on best practices to help improve and regain your balance
- A letter will be sent to your local doctor with our suggestions
- Appropriate referrals will be forwarded or individual physiotherapy treatment recommended at the clinic
- At six weeks there is a review to ensure appropriate strategies are underway and to clarify outstanding issues
- At six months there is a further review usually followed by a discharge from the falls and balance clinic unless further intervention is required

Who can refer?

- General practitioner
- Health Services
- Specialist Doctors

Falls and Balance Clinic operating hours

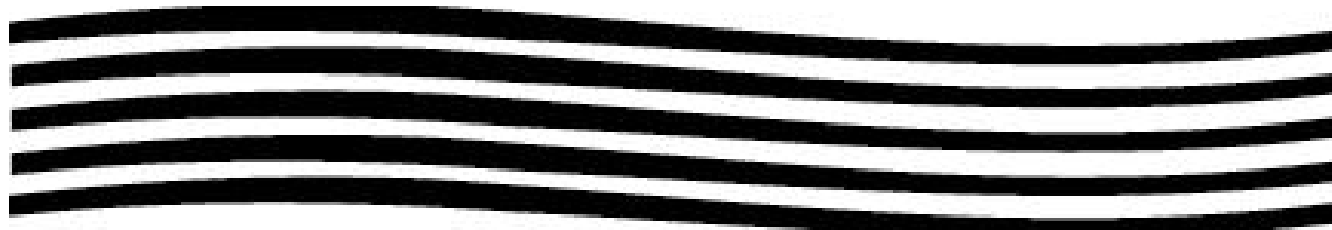
- The clinic is open on Tuesdays between 9.00am and 1.00pm
- Individual treatment time is between 2.30pm – 5.00pm

Is Transport Provided?

- Transport is not provided by Angliss Hospital. The patient may be eligible for the Eastern volunteer driver service or the half price taxi program

Protecting your Privacy

- Our staff are committed to respecting your confidentiality and preserving your privacy. We will keep your personal information secure and protected from unauthorized access or improper use. We will only disclose information about you if it is authorized by you.



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