

Health Independence Program: Falls and Balance Clinic

Falls are not due to just being older. Falls can cause serious injury and functional decline. Usually one or more causes can be identified. Actions can be taken to reduce the factors contributing to falls risk.

This document should not replace the advice of your relevant health care professional.

What is the Falls and Balance Clinic?

The falls and balance clinic helps to work out what is making you fall. You will have an assessment completed by any number of different health professionals. You will be given recommendations to help prevent falls and injuries.

There is no cost for this specialised clinic as it is fully funded by the Victorian Government.

The clinic is staffed by a specialist:

- Geriatrician (Doctor) who will complete a medical assessment
- Physiotherapist who will assess your walking, balance and strength
- Occupational Therapist who will assess safety at home.

From your initial assessment, you may be referred for:

- Rehabilitation to improve balance and walking.
- Exercises for home to increase strength and endurance
- A visit from an Occupational Therapist to review your safety in your home
- Ophthalmology/Optomety - to check your eyes
- Podiatry - to check your feet
- Vestibular clinic - to check your balance
- Other specialist doctors
- Further tests (blood test or scans)

A detailed letter from our specialised staff will also be sent to your family doctor.



Austin Health acknowledges the Traditional Custodians of the land and pays its respects to Elders past, present and emerging.

Austin Health celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



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Where:

Health & Rehabilitation Centre, Heidelberg Repatriation Campus
Gate 5, Edwin Street, Heidelberg Heights



Your healthcare, safety and rights are important to us.
View Austin Health's Rights and Responsibility webpage via
this QR code. We can also provide you this information in
booklet form or in other languages if you require.



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