



GETTING TO THE FALLS AND BALANCE ASSESSMENT CLINIC

The Falls and Balance Assessment clinic is located at St George's Health Service, 283 Cotham Road, Kew.

Tram

The 109 stops outside St George's Health Service (stop 40).

Bus

The 548 travels from Latrobe University to Kew. Hop off at the corner of Burke Rd and Cotham Rd. You can walk down Cotham Rd (west) to St George's or catch tram 109 down Cotham Rd.

Route 624 travels from Kew to

Oakleigh, via Chadstone and Holmesglen. Hop off at the corner of John St and Cotham Rd. This bus connects with trains at Auburn Station.

Car

Melways reference Map 45 H6. On-site parking is limited.

For further information please contact our friendly staff on

Tel: (03) 9231 8577.

*Inspired
by
You*

Falls and Balance Assessment Clinic



**ST VINCENT'S
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WHAT IS THE FALLS AND BALANCE ASSESSMENT CLINIC?

The Falls and Balance Assessment Clinic is a service offered by St Vincent's for individuals at risk of, or who have had recent falls. The clinic provides attendees with a comprehensive physical and medical examination to see what factors are contributing to their falls and associated risks.

WHO WOULD BENEFIT FROM A FALLS AND BALANCE ASSESSMENT?

An assessment is strongly advisable if you:

- have a history of falls (with or without injury)
- experience near falls
- suffer from dizziness or vertigo
- have balance and mobility problems
- experience reduced confidence when walking, reaching, bending or climbing steps and stairs
- have a fear of falling when performing your daily activities
- limit your social activities for fear of falling.

WHAT IS INVOLVED IN A FALLS AND BALANCE ASSESSMENT?

An appointment at the clinic involves a comprehensive assessment by a team of the following experts:

- doctor
- physiotherapist
- occupational therapist
- podiatrist.

On completion you will be given advice to help you stay safe and independent. We will explain how to best avoid future falls.

With your permission, an occupational therapist may be required to visit your home to help eliminate any potential hazards.

HOW TO MAKE AN APPOINTMENT WITH THE FALLS AND BALANCE ASSESSMENT CLINIC

All appointments at the clinic are by referral only. Please speak to your local doctor if you feel you would benefit from a falls and balance assessment.

Referrals are also accepted from:

- hospitals
- specialists
- other health professionals.