

FALLS PREVENTION PROGRAM ADMISSION PATHWAY

STEP 1

CONTACT YOUR DOCTOR

Contact your doctor for a referral to participate in Calvary John James Falls Prevention Program.

Please provide Health Fund or DVA details.

STEP 2

ENROLMENT & ASSESMENT

Referral to be sent to Calvary John James Day Therapy Program.

TELEPHONE (02) 6281 8113

FACSIMILE (02) 6229 2188

Calvary John James Day Therapy Program will contact you to arrange an initial assessment appointment.

STEP 3

COMMENCEMENT OF PROGRAM

Calvary John James Day Therapy Program will arrange a commencement date with you.

HEALING
STEWARDSHIP
RESPECT
HOSPITALITY

In The Tradition of The Sisters of The Little Company of Mary



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FALLS PREVENTION PROGRAM CALVARY JOHN JAMES

DAY THERAPY

OUR AIM is to improve and increase the strength and balance of the de-conditioned individual using a multi-disciplinary team approach.

OUR GOALS To provide a safe environment for participants to exercise in so that they may improve their fitness, strength, balance and confidence.

To increase participants awareness of the risk factors that can lead to a fall.

To provide participants with the strategies to prevent future falls.

A MULTI-DISCIPLINARY TEAM APPROACH HAS BEEN SHOWN TO PROVIDE THE MOST SUCCESSFUL RESULTS IN DECREASING AND PREVENTING THE RISK OF FURTHER FALLS. THERE WILL BE SEVERAL DISCIPLINES INVOLVED IN OUR PROGRAM TO ENSURE THE HIGHEST QUALITY OF SERVICE.



OUR TEAM Healthy ageing involves a combination of physical activity and healthy diet. Together these two will greatly improve the body's ability to cope with the stresses of day-to-day living.

Let our professional caring team show you how this can be achieved.

Calvary John James Hospital Falls Prevention Program multi-disciplinary team consists of:

- Exercise Physiologist
- Dietitian
- Occupational Therapist
- Social Worker
- Pharmacist
- Physiotherapist



OUR PROGRAM

Our program is delivered over 10 weeks and participants attend 2 sessions per week. (Total of 20 sessions)

Each session takes 2½ hours. This will allow time for the gymnasium and the hydrotherapy pool.

OUR GYM Here you will exercise in a group environment promoting the enjoyable side of exercise and at the same time improving balance, strength and co-ordination.

OUR POOL An excellent medium for controlled weightless exercise, the warm water reduces stress on joints and painful soft tissues.

