

Falls

For those over the age of 65, 1 in 3 persons will have a fall in any given year, and about half of those who have fallen each year will have multiple falls.

After experiencing a fall, some people may develop a fear of falling. This can lead to a lack of confidence, and avoidance of certain activities which has the potential to lead to a further decline in mobility, quality of life and independence.

Diseases such as Parkinson's Disease, Multiple Sclerosis, Osteoarthritis and their associated medications may increase the risk of fall, balance and coordination. If you have any concerns, please discuss with your Doctor or treating physician.

People > 65



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Consumer Endorsed
Patient Information Publication

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 & Assessment

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

Telephone: (02) 6281 8113

Facsimile: (02) 6229 2188

Calvary John James Day 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.

For more information visit

<https://www.safetyandquality.gov.au/our-work/comprehensive-care/related-topics/falls-prevention>

If you would like any further information, please call Calvary John James Hospital on:

6229 2150 or 6281 8113.

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Falls Prevention



John James Hospital

Continuing the Mission of the Sisters of the Little Company of Mary

Multi-Disciplinary Approach

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.

The health professionals will examine different aspects of each participant, including diet, home setup and possible changes, ways in which you can exercise at home, as well as exploring ways to prevent falls or improve safety.

The Falls Prevention program at Calvary John James Hospital provides access to

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Dietitian
- Social Work
- Pharmacy

As we age, the risk of falls increases.

Structure and Design

This evidence based program will involve 10 weeks or 20 sessions of exercise classes, with participants coming into the hospital twice a week for 2.5 hours.

During this time, the different disciplines are involved in your therapy session. You are expected to be able to manage a gym based exercise program largely independently.



The exercise aspect involves working in a group environment, promoting the fun and enjoyable side of exercise, as well as working on balance, strength, coordination and functional exercises.

If appropriate, you will also exercise in the hydro therapy pool. All participants will be involved in an education component aimed at presenting strategies to deal with or prevent falls.



If a shorter exercise program is deemed more appropriate for you, one-hour gym based exercise programs are also available.

