





Falls are preventable – help your patients stay independent at home

Join other GPs to identify and better manage falls in older people 65+ in your practice

 <p>One in three people living in the community aged 65 years and over fall every year.</p>	 <p>Three-quarters of hospitalised injury cases for people aged 65 years and over are associated with fall(s).</p>	 <p>One in five older people with an injurious fall went to residential aged care post-discharge from hospital.</p>	 <p>Falls cause more injury-related deaths than transport crash fatalities in Australia.</p>
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Falls are common in older people and can result in loss of confidence, injury, disability, increased frailty, and loss of independence. Do your older patients have any of the following fall risk factors?

- Having had a fall
- Unsteadiness when walking or stepping onto a curb
- Conditions that impact mobility such as diabetes, stroke, arthritis
- Dizziness
- Urge incontinence
- Vision impairment
- Clutter in the home
- Taking multiple medications

How you will benefit

GP practices will be offered the following to help identify older patients at risk of falling, and tailor fall prevention management and referral for these patients.

- Cat. 1 (clinical audit) and Cat. 2 (educational visiting) **RACGP QI&CPD points**
- GP and practice nurse **education and resources**
- **Simple clinical decision tool** available in electronic form and paper-based form
- **Connection** to trained fall prevention service providers in your **local area**

Further information

- Contact Amy Tan, project coordinator, on **9036 7463** or amy.tan@sydney.edu.au
- Visit our website: www.bit.ly/isolve.

To express interest, please return the form below

Name _____

Practice name _____

Practice manager/contact person _____

Phone _____ Email _____

Please email this form to amy.tan@sydney.edu.au or fax to **9351 9676**

iSOLVE resources for GPs and practice nurses

Connection to local fall prevention service providers

REFERRAL OPTIONS FOR FALL PREVENTION (NORTH HORNSBY) iSOLVE

Hornsby surrounding northern suburbs including Asquith, Arcadia, Asquith, Berlee, Berowra, Berowra Heights, Berowra Waters, Bobbin Head, Brooklyn, Cowan, Cowan Creek, Cowan North, Dangar Island, Dural, Fiddletown, Fishermans Point, Forest Glen, Gaitton, Glenorie, Hornsby Heights, Laughtonside, Long Island, Maroota, Middle Dural, Milton Island, Mt Coah, Mt Kuring-gai, Singleton Mill, Wisemans Ferry

Group/Community Fall Prevention Exercises	Contact	Phone
Active balance/Heartmoves/Tai Chi	Running Wild Fitness, 19 Turner Rd, Berowra Heights	Ph: 9456 3242
Bones and Balance	Mindful Movement, Suite 2, 2nd Floor, 45-47 Hunter St, Hornsby	Ph: 9477 4065
*Leet Physiology	55 Palmerston Rd, Hornsby	Ph: 9477 2411
*Heartmoves (Amanda Doring/Samantha Flinn)	Asquith Bowling Club, 1 Lodge St, Asquith	Ph: 0412 811 727/0423 239 489
Healthy Lifestyle (Balance, strength training, tai chi, yoga)	Various locations including Berowra, Hornsby	Ph: 9877 5300
Tai Chi/Gongxi at Yunde World	855 Old Northern Rd, Dural	Ph: 0431 466 450

Fall Prevention Program	Contact	Phone
*Stepping On program (no cost) (Nadia Williams)	Various locations including Berowra, Dural, Hornsby	Ph: 9869 9565 / 0428 715 845

Physiotherapist/Exercise Physiologist	Contact	Phone
*Achievement (Michael Kline, exercise physiologist) (mobile)		Ph: 0438 823 882
*At Home Physiotherapy & Rehabilitation (Danielle McKendrick) (mobile)		Ph: 0422 132 831
*Bites Health Clinic (Chantelle Wardin, exercise physiologist) (mobile)		Ph: 0452 458 346
*E-Leet Physiology (Emilie Field, exercise physiologist) 55 Palmerston Rd, Hornsby (mobile)		Ph: 9477 2411
*Keep Moving Physiotherapy (Louise Paffer) (mobile)		Ph: 0403 352 494
*Stay Active Mobile Physiotherapy (Danielle Grosche) (mobile)		Ph: 0434 505 763
*Sydney Rehab & Exercise Physiology (Samantha Flinn) (mobile)		Ph: 0423 239 489

Occupational Therapist (Mobile)	Contact	Phone
Anne Wallace Occupational Therapist (exercise* and home safety)		Ph: 0402 487 402
*Catholic Community Services (Eris Stubbins) exercise and home safety		Ph: 1800 225 4764
*Helen Wood Occupational Therapy Services		Ph: 0425 273 584
*Libby Mercuri		Ph: 0411 284 124
*Melanie Posnalk Occupational Therapist		Ph: 0412 465 304
*Optimal Occupational Therapy Services (Liz Irwin) exercise and home safety		Ph: 9499 8410/0437 502 421

Multidisciplinary Agency (Physiotherapist/ Exercise Physiologist and/or Occupational Therapist)	Contact	Phone
*Advance Rehab Centre (PT, OT) www.advanceh.com.au		Ph: 9906 7777
*Recovery Station (PT, OT) www.recoverystation.com.au (mobile)		Ph: 1300 588 851
*Rehab on the Move (PT, OT) www.rehabonthemove.com.au (mobile)		Ph: 1300 733 513/9440 1333

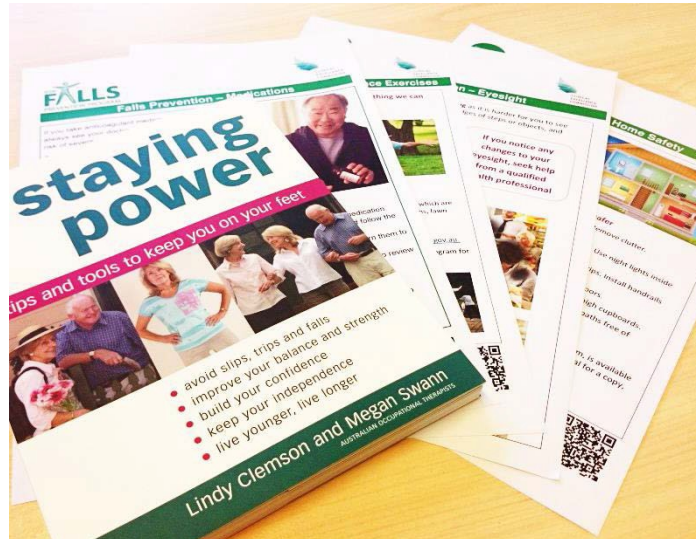
Pharmacist (Mobile)	Contact	Phone
*Carrie Leung (HMR) Ph: 0416 260 371	*Dina Farag (HMR (Mon - Thurs) Ph: 0402 022 319, fax: 8580 5010	
*Lara Loskin (HMR (Mon - Fri) Ph: 0417 445 580	*Reza Safaei (HMR and MedisCheck) (Thurs) Curry Chemist, Shop 1, 10 Edgeworth Davis Ave, Hornsby Ph: 9477 1049, fax: 9476 3806	

Falls Clinic/Unit	Contact	Phone
Bone and Balance Clinic	Hornsby Ku-ring-gai Hospital	Ph: 9477 9282 (enquiries)/9477 9514 (appt)
*Mt Wilga Private Hospital PT/EP/OT (Refer to a rehab specialist for fall prevention program or other PT/EP/OT services)	65 Bowman St, Hornsby	Ph: 9847 5000 (reception)
Northern Sydney LHD Health Contact Centre (for primary and community allied health or nursing services)		Ph: 1300 732 503
*Acute/Post-Acute Care Service (APAC) (GP liaison: David Lewis) (mobile, multidisciplinary, *Hospital in the Home), addresses fall prevention to prevent hospital admission/re-admission		Ph: 9462 9460

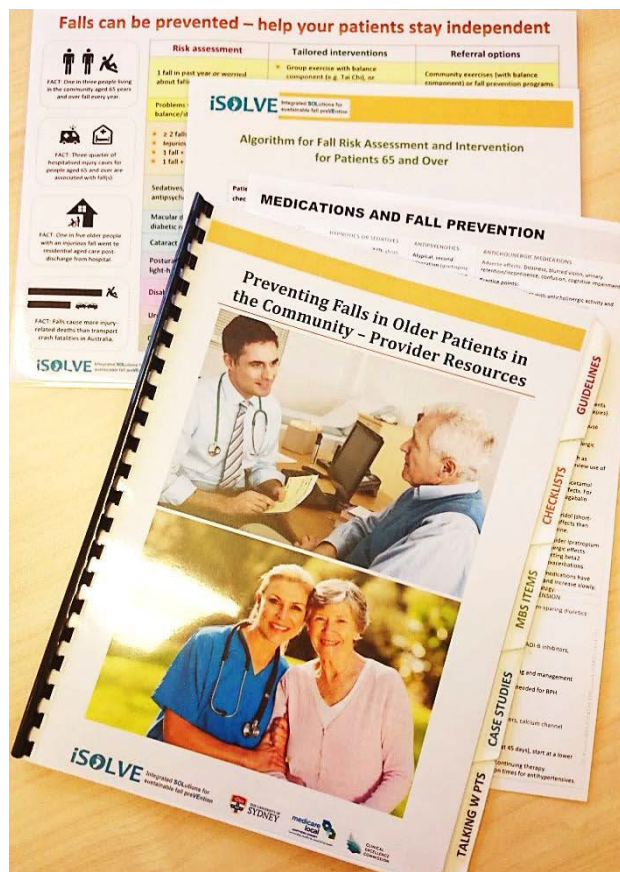
*Prescription(s) from this service attended iSOLVE fall prevention workshop. This list is intended to increase awareness of falls prevention service providers in your local area. This is not a comprehensive list and additional services may be added. Version 17 January 2016 (iSOLVE) (ref: 2016-2017).



Educational resources and leaflets for patients



Resources for GPs and practice nurses (hard and soft copies)



Simple checklists and tailored guidelines (paper-based form and electronically integrated within practice software)

