

## What if I live in a rural area?

Rural residents may have appointments arranged for your convenience. Please contact the Falls Clinic Coordinator for specific enquiries.

## Is there a cost?

There is no charge for this clinic.

## Where can I find out more?

General enquiries or referrals can be directed to:

**Falls and Balance Clinic Coordinator**  
**Wodonga Community Rehabilitation**  
**PO Box 326**  
**Albury NSW 2640**

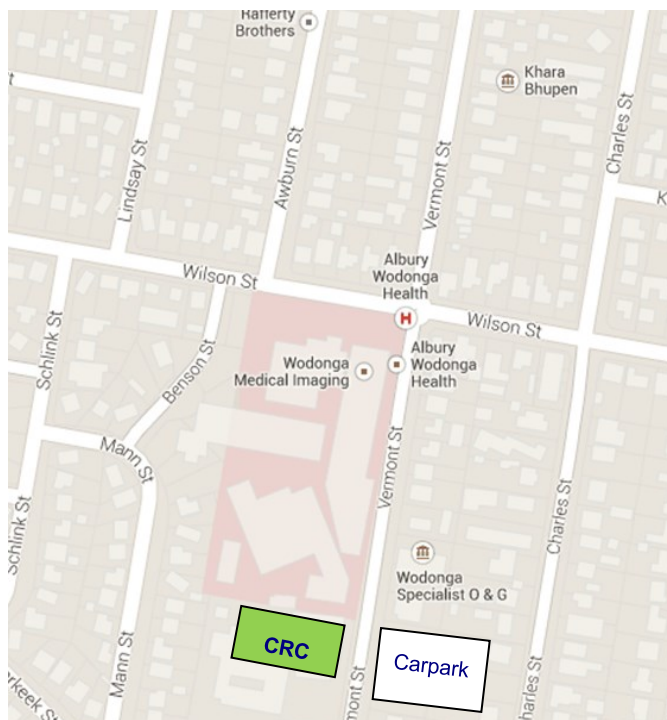
 **Phone:** (02) 6051 7400

 **Fax:** (02) 6051 7430

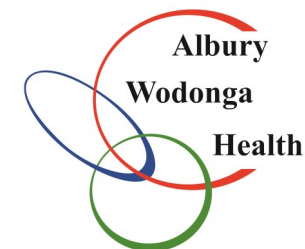
 **Internet:** [www.awh.org.au](http://www.awh.org.au)

## Where is the Falls and Balance Clinic located?

Services are provided at the  
CRC / Allied Health Building  
73 - 75 Vermont Street, Wodonga.



The information in this brochure is available in alternate formats and languages upon request.



## FALLS AND BALANCE CLINIC

Community Rehabilitation  
Wodonga Hospital



## About the Falls and Balance Clinic

The clinic focuses on the assessment and management of clients with Falls and Balance problems.

The aim of the clinic is to provide diagnosis, intervention, education and referral to other community services, with your consent.

Our clinicians will provide specific recommendations to reduce factors that contribute to falls, and to minimize future injuries.

### Referral Criteria

- Clients that live in the community with high falls risk
- Clients that have fallen at least once in the last 12 months and whom continue to fall
- Falls with unknown cause
- Falls with dizziness

## Referral

A written referral from your GP or medical specialist is preferred. We will work closely with your GP who may also be coordinating other services for you.

### The Falls and Balance Clinic consist of:

- Geriatrician or Registrar
- Physiotherapist
- Access to the Gerontology Nurse Practitioner and Occupational Therapist

### What to bring?

Suitable clothing and shoes to perform a physical assessment.

A support person is welcome to attend the appointment with you.



## What to expect?

Initially Albury - Wodonga residents will have access to a home based assessment that will assess all your needs and living environment, focusing on Falls Prevention within our Community Rehabilitation team.

An appointment at the clinic will be with a Medical Specialist . They will provide a clear medical diagnosis, review your medications and medical history and perform a medical examination.

You will also be offered an appointment with the clinic Physiotherapist to assess your balance and mobility. This may include an inner ear balance assessment.

The clinic will discuss recommendations for your ongoing care with you, and with your GP. Review appointments will be offered as required.