

STEP 1 GP referral or self-referral

STEP 2 Book a 30 minute assessment

STEP 3 Attend 30 minute assessment

STEP 4 Attend two group classes each week for 4 weeks.

The Falls & Balance Clinic at Springs Medical Daylesford is a 4 week program for patients looking to improve their balance and reduce their risk and rate of falling. The program is designed and delivered by an Accredited Exercise Physiologist in a safe and supportive environment with a maximum of 5 patients in each group.

STEP 1 – Referral options

- Ask your GP for a referral to the Falls & Balance Clinic.
- If you are patient at Springs Medical you don't need a referral you can self-refer and call up to book and assessment.
- If you are not a patient at Springs Medical ask your GP to complete the Falls & Balance Clinic external referral form which can be found on the website.

STEP 2

- Book a 30 minute Falls and Balance Assessment at Daylesford clinic.
- Appointments are available on Wednesday and Friday mornings.
- Call Springs Medical to book

STEP 3

- Initial assessments go for up to 30 minutes
- You will be asked to perform a selection of exercises to assess your level of balance.
- During assessment we will also briefly discuss your goals, any comorbidities,
- At your assessment you will be allocated a group time and start date for your 4 week program.
- At the end of your assessment you will be billed \$72 for the 4 week program which you can pay at reception before you leave.

STEP 4

- You will attend two 30 minute classes each week for 4 weeks.
- These sessions will include predominantly low-intensity bodyweight exercises focusing on dynamic balance and gait.
- At the end of the 4 week program the Exercise Physiologist will assess your progress and determine if you are ready for discharge or if another 4 weeks would be appropriate for you.
- Discharge planning and support will be offered to you by Springs Medical.

Costs

Fees for the Falls and Balance 4 week program is \$72 +GST

This includes:

- 30 minute assessment
- Two x 30 minute sessions each week for 4 weeks
- Educational resources and discharge support.

CALL RECEPTION OR BOOK ONLINE

All Falls & Balance Clinic participants will need to provide proof of Covid-19 vaccination prior to confirmation of their first class. We ask all participants to use our QR code or sign in sheet upon arrival.

● 10 Hospital Street
Daylesford 3460
t: 03 5348 2227
f: 03 5348 1447

● 22 Victoria Street
Trentham 3458
t: 03 5424 1602
f: 03 5424 1851

● 89 Piper Street
Kyneton 3444
t: 03 5422 1298
f: 03 5422 1307