

### 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, Kyneton and Trentham 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 as 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 your chosen clinic
- Appointments are available on Tuesday and Friday, depending on your chosen clinic
- 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 \$30 for your assessment (\$20 concession) plus \$72+GST 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

30-minute assessment: \$30 (\$20 concession).  
Falls and Balance 4-week program is \$72  
+GST

This includes:

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

**CALL RECEPTION OR BOOK ONLINE**

● 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