


BANYULE NILLUMBIK FALLS PREVENTION MODEL

RECOMMENDED INTERVENTIONS 	0 POTENTIAL	1 LOW RISK	2 MODERATE RISK	3 HIGH RISK	4 VERY HIGH RISK
	<i>"Healthy active ageing" or "healthy inactive" with potential development of falls risk.</i>	<i>Frail/inactive" with increasing risk of falls. No major medical issues. May have some physical issues, or fear of falling.</i>	<i>Some medical issues, maybe in conjunction with physical, subtle cognitive or emotional issues. Increasing medication list. 0-2 falls within the last 12 months.</i>	<i>Significant risk of falls. Medical and/or physical issues. Multiple medications (Esp. psychotropic) 2+ falls within the last 12 months.</i>	<i>Multi-medicated. Significant medical and physical issues. Requires assistance for transfer or walking at times. Regular falls.</i>
Falls brochure	✓	✓	✓	✓	
Home Hazard Checklist	✓	✓	✓	✓	
Referral to an appropriate exercise group (e.g. Tai Chi or Strength Training) or specific falls-balance group.	✓	✓	✓	✓ (May need medical/physiotherapy assessment)	
GP Health screening +/- referral. e.g. pharmacology, bone density, vision	✓	✓	✓	✓	✓
Information and advice regarding aids & home modifications		✓	✓	✓	
Physiotherapy mobility /balance assessment and/or treatment.		✓	✓	✓	✓
Occupational Therapy home assessment, specific education, advice regarding aids & home modifications.			✓	✓	✓
Comprehensive falls and balance assessment			✓	✓	✓
Comprehensive aged care assessment			Consider referral	✓	✓
Education and training of carers, refer to Community Health Centre and/or RDNS			✓	✓	✓
Personal Alarms		If living alone or socially isolated	✓	✓	✓
Case conference between GP, allied health team, family and other agencies involved.				✓	✓
Hip protectors recommended					✓

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FALLS SPECIFIC INTERVENTIONS	AGENCY
Falls brochure	Recommend 'A guide to preventing falls' contact Peninsula Health Care Network phone: 9788 1260 for copies
Home Hazard Checklist	Recommend " NSW Home Safety Checklist' download from w.ww.bnpc.a.org.au/library/menus/publics/falls_prevention.shtml
GP Health screening/referral. e.g. pharmacology, bone density, vision	General Practitioner
Referral to an appropriate exercise group (e.g.Tai Chi or Strength Training) or specific falls-balance group	Exercise for Older Adults Directory. Copies available from Banyule City Council and Nillumbik Shire, or contact physiotherapist at local Community Health Centre
Information and advice regarding aids & home modifications	Activities of Daily Living Display Centre, BECC
Physiotherapy mobility/balance assessment and/or treatment.	Eltham or Banyule Community Health Centre, private physiotherapists, Strathalan/Judge Book Day therapy, Heidelberg or BECC Community Rehabilitation Centres, BECC Home Therapy Service
Occupational Therapy home assessment, education, advice regarding aids, home modifications & Personal Alarms.	Eltham or Banyule Community Health Centre, private occupational therapists, Strathalan/Judge Book day therapy, BECC Home Therapy Service
Allied health rehabilitation through the Community Rehabilitation Centre (CRC) or Day Therapy centres.	BECC or Heidelberg CRC, Strathalan/Judge Book day therapy
Comprehensive falls assessment	BECC Falls and Balance Clinic
Case conference	All agencies
Comprehensive geriatric assessment	Heidelberg or BECC Aged Care Assessment Service
Education and training of carers	Eltham and Banyule Community Health Centre, RDNS, Judge Book Day Therapy
Hip protectors	Sanicare Services Pty Ltd Phone: (02) 9437 9611

OTHER INTERVENTIONS	AGENCY CONTACT DETAILS
Home Care Assessment	Banyule City Council Home Care Services, 44 Turnham Avenue, Rosanna, 3084 Phone: 9450 4222 Nillumbik Shire Council Home Care Services, Civic Drive, Greensborough Phone: 9433 3111
Domiciliary Nursing	Royal District Nursing Service – 100 Oriel Road, Heidelberg West Phone: 9497 1755, – 25 Station Street, Diamond Creek Phone: 9438 1055
Dietary advice, Foot care	Eltham or Banyule Community Health Centre, Private dietitians and podiatrists, Judge Book Day Therapy (Podiatry only)
Continence Clinic	BECC Continence Service, Austin and Repatriation Continence Clinic, Outpatients – Phone: 9496 2444
Vision Assessment and Management	Assessment – Optometrist, Ophthalmologist, Strategies for clients with visual problems – Vision Australia (Phone: 9416 7859), RVIB (Phone: 9457 6611)

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ORGANISATION	ADDRESS	RELEVANT SERVICES	INTAKE PROCEDURE & CONTACT	ELIGIBILITY CRITERIA	BOUNDARIES
ACAS (Aged Care Assessment Service)	1) ARMC Repat Campus Waterdale Road, Heidelberg Heights, 3081 2) Bundoora Extended Care Centre (BECC), 1231 Plenty Road, Bundoora, 3083	Comprehensive multi-disciplinary home assessment (including geriatrician as appropriate)	1) 9496 2489 2) 9495 3109	Older Adults Will consider younger people with certain conditions/needs as deemed appropriate by duty worker	1) Banyule (southern) 2) Banyule, Darebin (northern), Whittlesea, Nillumbik
Activities of Daily Living Display Centre	BECC 1231 Plenty Road, Bundoora, 3083	Display centre of home modifications and equipment	9495 3239	General public, health professionals with clients	None
Banyule City Council Home Care Services	44 Turnham Avenue, Rosanna, 3084	Meals on wheels, personal care, property maintenance, house cleaning, respite care, social support (day centre)	Contact council on 9490 4222	HACC criteria – frail aged at risk of hostel/nursing home placement Will consider younger people with similar needs	Banyule
Banyule Community Health Service	1) Corner Alamein Road and Catalina Street, West Heidelberg, 3081 2) 1 Kalparrin Avenue, Greensborough, 3088	Nursing, medical, physiotherapy, occupational therapy, podiatry, dietetics	1) 9450 2000 2) 9433 5111	General public	Banyule
BECC Community Rehabilitation Centre	BECC 1231 Plenty Road, Bundoora, 3083	Nursing, physiotherapy, occupational therapy, podiatry	Community Rehabilitation Centre 9495 3114 Fax No.9495 3230	People in need of a course of rehabilitative treatment or assistance to improve mobility	Darebin (northern), Whittlesea, Nillumbik, Banyule (northern)
BECC Home Therapy Service	BECC 1231 Plenty Road, Bundoora, 3083	Physiotherapy, occupational therapy, podiatry	Phone/in person ACAS duty worker 9495 3109	Older adults and people with disorders often associated with ageing who are restricted to the home	Banyule, Darebin (northern), Whittlesea, Nillumbik

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Eltham Community Health Service	917 Main Road, Eltham, 3095	Nursing, physiotherapy, occupational therapy, podiatry, dietetics	9431 1333	General public	Nillumbik
Falls and Balance Clinic	BECC 1231 Plenty Road, Bundoora, 3083	Geriatrician, physiotherapy, occupational therapy, podiatry, nursing, psychology	1) Phone/in person BECC ACAS duty worker 9495 3109 2) Phone/Fax Heidelberg ACAS duty worker 9496 2489 for Southern Banyule only	Older adults & people with unsteady gait or poor balance who have: <ul style="list-style-type: none"> Experienced 2 or more falls in the preceding 12 months Been admitted to hospital as a consequence of a recent fall A fear of falling that has led to a significant restriction on daily activity 	1) BECC ACAS: Banyule, Darebin (northern), Whittlesea, Nillumbik 2) Heidelberg ACAS: Southern Banyule
Heidelberg Community Rehabilitation Centre	ARMC Repat Campus Waterdale Road, Heidelberg Heights, 3081	Nursing, physiotherapy, occupational therapy, podiatry	CRC co-ordinator 9496 4332	People in need of a course of rehabilitative treatment or assistance to improve mobility	Banyule (southern)
Judge Book Day Therapy	43 Diamond Street, Eltham, 3095	Outpatient rehabilitation/day therapy, physiotherapy, occupational therapy, podiatry, nursing, strength training and Tai Chi	9431 0100	Over 60's with rehabilitation need or interest in strength training or Tai Chi groups.	Nillumbik, Banyule (eastern; Greensborough, Lower Plenty, Montmorency, Briar Hill)
RDNS	1) 100 Oriel Road, West Heidelberg 2) 25 Station Street, Diamond Creek	Home care nursing	1) 9497 1755 2) 9438 1055	General public	Contact service for boundaries
Strathalan Day Therapy	Erskine Road, Macleod, 3085	Outpatient rehabilitation/day therapy, light weights, Tai Chi	9459 6485	Over 65 with rehabilitation need or interest in light weights or Tai Chi group Possible assistance with transport	Banyule