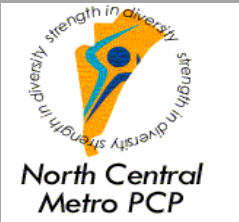


# Whittlesea Falls Prevention Model

Adapted from the BNPCA Model

RECOMMENDED INTERVENTIONS	0	1	2	3	4
	POTENTIAL RISK	LOW RISK	MODERATE RISK	HIGH RISK	VERY HIGH RISK
 <p>North Central Metro PCP</p>	<p>“Healthy active ageing” or “healthy inactive” with potential development of falls risk.</p>	<p>Frail/inactive” with increasing risk of falls. No major medical issues. May have some physical issues, or fear of falling.</p>	<p>Some medical issues, maybe in conjunction with physical, subtle cognitive or emotional issues. Increasing medication list. 0-2 falls within the last 12 months.</p>	<p>Significant risk of falls. Medical and/or physical issues. Multiple medications (esp. psychotropic). 2+ falls within the last 12 months.</p>	<p>Multi-medicated. Significant medical and physical issues. Requires assistance for transfer or walking at times. Regular falls.</p>
Falls brochure and/or Educational Video/DVD	√	√	√	√	
Home Hazard Checklist	√	√	√	√	
Referral to an appropriate exercise group (e.g. Tai Chi or Strength Training) or specific falls-balance group.	√	√	√	√ (May need medical and/or 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.		Consider Referral	√	√	√
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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# Whittlesea Falls Prevention Model – Specific Interventions

FALLS SPECIFIC INTERVENTIONS	AGENCY
Falls Brochure; Educational Video/DVD	Recommend booklet: A guide to preventing falls' (contact Peninsula Health Care Network phone: 9788 1260) for copies. Contact BECC or PVCH for copies of video/DVD
Home Hazard Checklist	Recommend 'NSW Home Safety Checklist' download from <a href="http://www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/5415.html">www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/5415.html</a> .
GP Health screening/referral, e.g. pharmacology, bone density, vision	General Practitioner (NDGP)
Referral to an appropriate exercise group (e.g. Tai Chi or Strength Training) or specific falls-balance group	Physical Activity for Older Adults Directory. Copies available from Whittlesea Council, or contact physiotherapist at Plenty Valley Community Health Inc.
Information and advice regarding aids & home modifications	Activities of Daily Living Display Centre, BECC
Physiotherapy mobility/balance assessment and/or treatment	PVCH, BECC, TNH (for TNH clients only), BHS, private physiotherapists
Occupational Therapy home assessment, education, advice regarding aids, home modifications, Personal Alarms	PVCH, BECC, TNH, (for TNH clients only) BHS, private occupational therapists
Allied Health rehabilitation through the Community Rehabilitation Centre (CRC) or Day Therapy centres	BECC, Lumeah, BHS
Comprehensive falls assessment	BECC Falls and Balance Clinic
Case Conference	All agencies
Comprehensive Geriatric assessment	BECC
Education and training of carers	PVCH, RDNS
Hip protectors	Sanicare Services Pty Ltd Phone: GMS Rehabilitation 1800 060 919, Central Victorian Medical Supplies (03) 5441 8213 or 1800 655 152

OTHER INTERVENTIONS	AGENCY CONTACT DETAILS
Home Care Assessment	City of Whittlesea Home Care Services, Locked Bag 1, Bundoora MDC 3083 Phone: 9217 2140
Domiciliary Nursing	Royal District Nursing Service, 25 Station Street, Diamond Creek Phone: 9438 1055
Dietary Advice, Foot Care	Plenty Valley Community Health Inc., Private Dieticians and Podiatrists, Lumeah
Continence Assessment	BECC Continence Service, RDNS
Vision Assessment and Management	Assessment – TNH, private optometrists and ophthalmologists. Strategies for clients with visual problems – Vision Australia Phone: 9416 7859, RVIB Phone: 9457 6611

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# Whittlesea Falls Prevention Model – Agency Mapping

Organisation	Address	Relevant Services	Intake Procedure & Contact	Eligibility Criteria	Boundary	Community Resources	CALD
Bundoora Extended Care Centre (BECC)  Falls and Balance Clinic	1231 Plenty Rd Bundoora, 3083	Geriatrician, Physiotherapy, Occupational Therapy, Podiatry, Nursing, Clinical Psychology	AccessBECC: Tel: 9495 3109 Fax: 9495 3183  SCoTT required PLUS Medical & Allied Health discharge summaries	Clients who have had two or more falls'.  Clients who have had a serious fall with either physical or psychological consequences.	Nil	Video. BECC Service Brochures as part of a referral acknowledgment path. Fact Sheets. Exercises in CALD languages.	Program sensitive to CALD (Italian, Greek, Macedonian) and ATSI groups  Able to arrange interpreters as required.
BECC  Community Therapy Service  (Incorporating CRC and HTS)	1231 Plenty Rd Bundoora, 3083	Physiotherapy, Occupational Therapy, Nursing, Podiatry, Dietetics.  Some group programs	AccessBECC: Tel: 9495 3109 Fax: 9495 3183  SCoTT required via AccessBECC	Persons at risk of falling, or have a history of falls. People with disorders often associated with ageing, who are restricted to their home.	Whittlesea, Darebin, Nillumbik, Banyule (Northern parts)	Service Brochures as part of a referral acknowledgment path	Able to arrange interpreters as required
BECC  Planned Activity Group (PAG)	1231 Plenty Rd Bundoora, 3083	Tuesday & Thursday only	Waitlist co- ordinator Caroline Fleet Tel: 9495 5385 Fax: 9495 3230  SCoTT required	Frail elderly and disabled Isolated elderly	Nil catchment. Transport boundaries in place (Whittlesea transport only available on Tuesdays.)	Nil specific on falls	Small Italian sub group on Tuesdays.  Able to arrange interpreters as required
BECC  Activities of Daily Living Display Centre	1231 Plenty Rd Bundoora, 3083	Display of equipment, modifications and strategies to prevent falls	Contact: 9495 3239 to make an appointment.	General public (Tues PM or Thurs AM) or Health professionals with their clients.	Nil	Contact numbers for suppliers of equipment (including personal alarms)	Some Multilanguage videos available for short-term loan on request.

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BECC  ACAS (Aged Care Assessment Service)	1231 Plenty Rd Bundoora, 3083	Comprehensive multidisciplinary assessment (including assessment by Geriatrician as appropriate)	AccessBECC Tel: 9495 3109 Fax: 9495 3183  SCoTT required	Older Adults. Will consider younger people with specific needs as deemed appropriate by the Intake Worker	Whittlesea, Darebin, Nillumbik, Banyule (Northern part)	Information on Personal alarms  Falls Prevention in Residential Care Pilot Project	Able to arrange interpreters as required.
The Northern Hospital (TNH)	185 Cooper St Epping, 3076	Physiotherapy Occupational Therapy	No external referrals. Some follow up for clients presenting to ED	Inpatient at TNH.  Preadmission clinic for orthopaedic patients.	Anyone referred via admission to TNH or presenting to ED	TNH Falls Prevention Booklet BECC Falls Prevention Video	Interpreters available on request.
Plenty Valley Community Health Inc (PVCH)	187 Cooper St Epping, 3076  40-42 Walnut St Whittlesea, 3757	Physiotherapy, Occupational Therapy, Nursing, Podiatry, Dietetics.  Gentle Exercise and Falls and Balance group, Strength Training	Contact Intake: 9409 8724 Anyone can refer HACC services required to complete SCoTT	People who work and/or live in the City of Whittlesea. Preference to HCC holders and pensioners. Groups cater for older clients (>55).	City of Whittlesea. Some exceptions	Various Falls prevention pamphlets, videos, information.	Interpreters available for use.
PVCH  Planned Activity Group (PAG)	187 Cooper St Epping, 3076	Priatelli and Waminda PAG Co-ordinator: Charlotte Stace Tel: 9409 8787	Contact Intake: 9409 8724 Anyone can refer SCoTT form required	Frail elderly and disabled, isolated elderly	City of Whittlesea. Some exceptions	Nil specific on falls	Priatelli is a CALD specific Planned Activity Group
Royal District Nursing Service	25 Station St Diamond Creek, 3089	Community Nursing (District)	Duty Person: 9438 1055 Anyone can refer HACC services required to complete SCoTT	HACC eligible clients and fee paying clients	Whittlesea, Manningham, Banyule and Nillumbik	Nil specific on falls	Interpreters available on request

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Organisation	Address	Relevant Services	Intake Procedure & Contact	Eligibility Criteria	Boundary	Community Resources	CALD
Northern Migrant Resource Centre	251 High St Preston 3072  187-189 High St Thomastown 3074	Aged Services Social Support Programs Day Care In home Respite	Co-ordinator of Intake Assessment: Aged Services Tel: 9484 7944 SCoTT required	Ethno focus programs Bilingual Group Co-ordinators (Polish, Manderin, Cantonese, Chinese Macedonian, Italian)	Cities of Whittlesea, Darebin, Yarra, Banyule, Nillumbik, Hume Moreland	General Health Promotion brochures	(Able to match respite workers of 26 different languages)
Whittlesea City Council – Home and Community Care Services	Locked bag 1 Bundoora MDC 3083.	Meals on wheels, personal care, Property maintenance, house cleaning, respite care, social support	Contact Duty Worker Tel: 9217 2140	HACC eligible Frail aged at risk of residential care and younger people with disabilities and their families/carers	City of Whittlesea	Various pamphlets, videos and general information	HACC brochure in Mult-languages. Bilingual staff Interpreters available on request.
Lumeah day Therapy	78 Bruce Street Preston, 3072	Long term Physiotherapy program	Contact Co-ordinator - Jo Zivanovic. Tel: 9485 1885 Fax: 9484 4716	Older adults or people with disorders often associated with ageing, whose needs cannot be meet elsewhere.	City of Darebin (for transport provision). Will accept clients from Whittlesea if able to provide own transport.	Nil specific on falls	
Local Doctor  C/- Northern Division Of General Practice	232 Plenty Road Preston 3072	Northern Division of General Practice can provide a list of GP's in local area	Tel: 9416 7689	General Public.  Make an appointment with individual GP's or relevant clinics.	Cities of Darebin, Whittlesea, Hume, Moreland, Banyule, and parts of Yarra.	General information on Website	Bilingual GP's. <a href="http://www.ndgp.org.au">www.ndgp.org.au</a> Click on 'Multilingual Brochures', then 'Choosing and using a GP'.
Broadmeadow Health Service (BHS)  Community Therapy Service (CTS)	35 Johnstone Street Broadmeadows 3047	Physiotherapy, Occupational Therapy, Nursing, Podiatry, Dietetics, Hydro pool.  Some group programs	Intake Worker Jan Baker Tel: 8345 5127 Fax: 8345 5353 Have own referral form, but will accept a SCoTT form	Adults (aged 18+)	Cities of Hume, Moreland. Will accept people from outside these areas if able to provide own transport.	General Falls Education brochures	Have onsite interpreters available.

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