

Stay on your feet!

- Improve balance
- Improve endurance
- Improve mobility
- Improve bone density

How can the Bone and Balance assessment help?

- Provide a complete health assessment
- Provide a full medication review
- Identify your falls risks
- Provide education to improve your health and balance
- Provide a personalised exercise program supervised by expert clinicians
- Organise a home assessment by an expert occupational therapist
- Provide information on access to other services
- Provide a plan to enhance your mobility, safety and independence

All recommendations are made in consultation with you and your GP.



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Division of Rehabilitation & Aged Care

The Bernard Curran Rehabilitation Unit

Bone & Balance Clinic



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Did you know?

- Australian studies show that **1 in 3** people living in the community over the age of 65 fall each year
- For people over 80 years the falls rate increases to **1 in 2**
- Falls can result in a loss of confidence which can lead to fear and social isolation
- Falls are commonly associated with admission to hospital or move to nursing home or hostel
- **95%** of hip fractures are the result of falls

The Good News!

- Your falls risk can be reduced
- You don't need to lose your independence
- Balance, mobility and strength can be improved

Risk Factors

- Some health conditions increase your falls risk
- Falls can often be a sign of an undiagnosed health problem
- Some medications can contribute
- Home and outside environment can cause a trip / fall
- Footwear and posture issues

How can the Bone & Balance Clinic benefit you?

- Make you more aware of your current bone and balance health
- Reduce your risk of trips / falls
- Increase your strength, balance and mobility to improve your independence
- Encourage you to stay active and engaged
- Improve your confidence

Are there any fees?

No.

The Specialist consultation is charged through Medicare or Department of Veteran Affairs. Please bring your health card to your appointment

You are eligible if:

- Over the age of 65
- Live in the Hornsby or Ku-ring-gai Local Government areas
- Have experienced a fall in the last 12 months

To arrange an appointment

- ✓ Contact your GP
- ✓ Ask your GP for a written referral to The Bone and Balance clinic at The Bernard Curran Unit
- ✓ Your GP may ask for some blood tests prior to your first appointment which could include, a full blood count, vitamin D, calcium, phosphate, magnesium & vitamin B12 levels
- ✓ Either your doctor or yourself can telephone to arrange an appointment