

How to get involved with the Falls Intervention team (F.I.T)

Anyone may be referred, or refer themselves to be seen by a physiotherapist, occupational therapist or social worker in your home.

However, we recommend you also have an appointment with the doctor from the Falls Clinic.

All you need is a referral from your local doctor, listing your medical and falls history.

When you have your GP referral please Fax this to Ambulatory Care at Fairfield Hospital on **[02] 9616 8406**.

Updated May 2023

We work together with you as a team to reduce your risk of having a fall and to help you stay fit and independent.

FAIRFIELD HOSPITAL
Cnr Polding St & Prairievale Rd
Prairiewood NSW 2176

Tel: [02] 9616 8111
Mailing address: PO Box 5
Fairfield NSW 1851

Ambulatory Care Fax number:
[02] 9616 8406

Falls Intervention Team F.I.T

Don't fall for it, falls can be prevented!



**Fairfield Hospital
Ambulatory Care Unit**



Health
South Western Sydney
Local Health District

Falls are serious!

- One in every three older people fall each year.
- Some falls cause serious injuries!
- All falls may result in loss of confidence as well as pain and more difficulty doing daily activities.

Why do we fall?

Several things working together may cause us to fall such as:

- Medical conditions
- Effects of medicine
- Walking difficulties
- Poor balance
- Slip-on shoes/ slippers
- Hazards around the house, garden or community
- Eyesight problems

Many falls are preventable!

- Fixing up even one problem may lessen our chances of having falls in the future.
- There are many ways of preventing falls and staying active and independent.

Have you heard about F.I.T?

- Fairfield Hospital has a falls prevention program run by the Falls Intervention Team (F.I.T)
- We have a doctor, physiotherapist, occupational therapist and social worker on our team.
- Falls Clinic appointments with a doctor.

- Therapists are able to visit you in your home to advise on mobility aides, prescribe a home exercise program, equipment for activities of daily living and home modifications
- You will be offered a home exercise program to improve strength and balance.
- We run the **Able and Stable program** at the hospital which is a ten week program of education and exercises (and socialising!) held once a week (every Thursday).

Exclusion criteria

- If you do not reside within Fairfield LGA.
- If you are receiving a Level 3 or 4 Home Care Package.
 - * Social work referrals excepted.