

# Falls Prevention

Falls are the leading cause of unintentional injury in Australians 65 years and over. Falls prevention aims to break this cycle with both exercise and education to help minimise this risk. You may be suitable for a Falls Prevention/Balance Rehabilitation program if you have a history of a fall or have issues with your balance. We offer specialised programs to help you regain your independence and resume day to day activities.



## What is the program?

After a consultation with our Rehabilitation Specialist, an individualised program including strength and cardiovascular training will be made to help you regain independence and resume daily activities.

- 2 - 3 sessions per week
- 1.5 - 3 hours per session (depending on health fund)
- Refreshments provided
- Individual assessment and goal setting

## You may have access to:

- Physiotherapy
- Occupational Therapy
- Exercise Physiology
- Social Work
- Dietetics
- Hydrotherapy

## How do you access the program?

- Referral from your GP or specialist

## Costs?

- Most costs are covered by your Private Health Hospital Cover as Day Rehabilitation (please contact us for more information as funds vary)
- Most costs covered with DVA Gold Card, Work Cover or Third Party Insurance



*Get Well, Move Well, Enjoy Life!*

A map of Sydney, Australia, with several locations marked by green dots. The locations are: Minchinbury (west), Holroyd (west), Kirrawee (south), Longueville (north), Ashfield (north), Randwick (east), Manly (east), and Dee Why (east).

Minchinbury

Holroyd

Longueville

Ashfield

Randwick

Kirrawee

Dee Why

Manly



## Inner West

### **The Sydney Private Hospital**

9716 3700 | [SydneyPrivate@macrehab.com.au](mailto:SydneyPrivate@macrehab.com.au)

## South

### **President Private Hospital**

9542 2929 | [PresidentPrivate@macrehab.com.au](mailto:PresidentPrivate@macrehab.com.au)

## Northern Beaches

### **Manly Waters Private Hospital**

9977 9977 | [ManlyWaters@macrehab.com.au](mailto:ManlyWaters@macrehab.com.au)

### **Delmar Private Hospital**

8978 5287 | [Delmar@macrehab.com.au](mailto:Delmar@macrehab.com.au)

## Upper and Lower North Shore

### **Longueville Private Hospital**

9427 0844 | [Longueville@macrehab.com.au](mailto:Longueville@macrehab.com.au)

## East

### **Eastern Suburbs Private Hospital**

8383 7400 | [EasternSuburbs@macrehab.com.au](mailto:EasternSuburbs@macrehab.com.au)

## West

### **Holroyd Private**

9721 6800 | [Holroyd@macrehab.com.au](mailto:Holroyd@macrehab.com.au)

### **Minchinbury Community Hospital**

9625 2222 | [Minchinbury@macrehab.com.au](mailto:Minchinbury@macrehab.com.au)