What is STRIDE?

STRIDE is an Alfred Health service which consists of experienced Physiotherapists and Occupational Therapists who specialise in the prevention of falls. STRIDE provides a fast, in home service, within 24 hours of having your fall.

For Ambulance use only

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Presenting Problem/s:

Allergies:

AV Resource: Case no:

Date: Time:

STRIDE – the Alfred
55 Commercial Road, Melbourne VIC 3004
Tel: 03 907 2000 Mob: 0419 667 099
alfredhealth.org.au
Is the STRIDE service for me?
- Are you 65 years or older?
- Have you recently had a fall or multiple falls?
- Have you had contact with an Ambulance and/or presented to the Alfred Health emergency department following your fall?
- Are able to continue to manage at home following a fall without a hospital admission?

If you answered ‘Yes’ to these four questions, then you might be suitable for the STRIDE program

How can I be referred?
Referrals to the service are made via Ambulance Victoria or the Allied Health team at The Alfred Emergency Department.

What will happen following my referral?
A member of the STRIDE team will contact you or a nominated person to make a suitable time to visit you in your home at your earliest convenience.

To contact the STRIDE team, please call 0419 667 099

How can the STRIDE service help me?
The STRIDE clinician will work closely with you in your own environment in order to:
- Improve your confidence at home
- Improve your independence at home
- Reduce your risk and fear of falling again.

What can STRIDE offer to you?
- A complete home review and recommendations to ensure you can move around confidently and safely around your home.
- Assisting you with ways to enhance your physical activity for better balance, fitness and wellbeing.
- Providing advice on strategies to enhance your vitality and confidence to remain living independently.

What will happen when the STRIDE clinician visits me?
The STRIDE clinician will ensure that further emergency care is not required by reviewing your symptoms and function after your fall.
Following this screen, the clinician will also complete a falls risk assessment.
The STRIDE clinician will then work closely with you to develop a management plan. Interpreters are also available for this service.

What happens after a member of the STRIDE team has visited me?
The STRIDE clinician will provide you with follow up phone calls and/or a visit (if required) to check in on your progress and ensure that you are managing well at home.
The STRIDE clinician will also contact your GP to ensure that they are informed your plan and progress.