How do I access this service?
A referral from your local doctor is preferred. To make a referral, contact the Caulfield Access Unit on:
- Phone: (03) 9076 6776
- Fax: (03) 9076 6773

Who can access our service?
Our service is available to adults who live in:
- City of Glen Eira
- City of Stonnington
- City of Port Phillip
- City of Bayside (North of South Rd)

Cost
There is no cost to attend the Falls Clinic.

Interpreters
Interpreters are available.

Where to find us:
Caulfield Hospital, Building 22
Ashley Ricketson Centre
260 Kooyong Road, Caulfield 3162
Tel: 9076 6207
https://www.alfredhealth.org.au

Onsite parking is available (a small fee)
Enter via Gate 2 on Kooyong Road

Public Transport:
- Glenhuntly Road  Tram #67
- Kooyong Road  Bus #605
- Glen Eira Road  Bus #623
What do we do?
We provide specialist assessment for adults who have had a fall, or are at high risk of falling.
The assessment takes up to two and a half hours and you will see a doctor, a physiotherapist and an occupational therapist.
The aim of the assessment is to understand how we could help you to be steadier on your feet and lower your risk of falling.
We do this by looking into factors that may be contributing to you falling or your concern about falling.
We will also offer our advice during the assessment and will send it, in writing, to you and your local doctor.

What can we help you with?
Falls can be prevented. Taking action to prevent falls will also help you to stay active, confident and independent.
The main areas of falls risk that we provide advice and recommendations for are:

- Health and medications
- Balance and mobility
- Physical activity and exercise
- Dizziness
- Fear of falling
- Vision and glasses
- Hazards in the home environment
- Need for extra supports or assistance
- Feet and shoes
- Continence
- Nutrition
- Bone health

What happens on the day?
It is often helpful for a support person to come to the assessment with you, for example a friend or family member, or carer.
Dress comfortably, as there is a physical component to the assessment. Wear the shoes and glasses that you would normally wear.
If you normally use a walking aid (for example a walking stick or walking frame) please bring it along with you if possible.
Please bring a list of the medications that you are currently taking.

What happens after the assessment?
With your agreement, we may refer you to an appropriate service if we feel that you would benefit from a rehabilitation program. For example, an exercise program for better balance and strength.
We may also make referrals to other required health services such as Podiatry, Pain and/or Continence Clinics,