

Falling is not a normal component of aging. Most falls can be prevented if appropriate action is taken.

Our Clinic deals with the complex health problems of elders with an emphasis on the prevention of falls.

### Program Goals

1. To decrease the risk of falls.
2. To determine causes of falls and provide recommendations to the individual and their referring physician.
3. To decrease number of falls.
4. To decrease injury due to falls.

### Services

A comprehensive "Falls Assessment" is completed by an interdisciplinary team of health care providers, including:

- Geriatrician (Regional Geriatric Consult)
- Nurse
- Physiotherapist

Recommendations are developed in collaboration between the team and client/family.

A written report, including these recommendations, is sent to the referring physician who remains in charge of the clients care.

### Follow-up

One follow-up appointment may be scheduled to reassess clients status and progress based on the recommendations.

### Criteria for Falls Clinic

To qualify an individual must:

- ✓ 1. Be 60 years of older
- ✓ 2. Have a history of:
  - a. fear/near fall/slip or trip
  - b. fear of falling
  - c. risk of falling
- ✓ 3. Be referred by a physician
- ✓ 4. Be medically stable
- ✓ 5. Be able to tolerate a comprehensive assessment (up to 3 hours)

### Referrals

Referral forms available by contacting (905) 472-7387

### **\* Please Bring\***

- your current medications
- your current walking aid (eg. cane, walks)
- your usual footwear
- your health card

### **Transportation**

Fall Clinic does not provide transportation. This is the responsibility of the client/family members or the referring facility.

### **Language**

Please notify the clinic at least 1 week in advance if a translator is required. Not all languages can be accommodated.

### **Costs**

Assessment costs are covered by OHIP. However, all aids (canes, cane tips, etc.) and certain educational materials are not covered by OHIP.

### **Hours of Operation**

Tuesday by appointment

### **Telephone Number**

(905) 472-7387

8:30 - 4:30 Mon. to Fri.  
Voice Mail after hours

### **Location**

1 Centre  
Lower Level

Markham Stouffville Hospital  
381 Church Street  
Markham, Ontario  
L3P 7P3



## **FALLS CLINIC**