



## FALLS PREVENTION

# Have you had a fall at home or in the community in the last 12 months?

### Are you concerned that it might happen again?

### Would you like to learn how to be safe indoors and out and about?

Did you know that more than one third of adults 65 or over fall each year? And that amongst older adults, falls are the leading cause of injury and hospital admissions for trauma.

Here at SSRG, we have an experienced team of health professionals including Occupational Therapists, Physiotherapists, Dietitians, Podiatrists and Nurse Practitioners who have the expertise to assist you to stay on your feet.

Our comprehensive Falls Prevention Program is guided by the latest research which has proven effectiveness in:

- Improving confidence
- Improving mobility and gait
- Decreasing falls
- Decreasing fear of falling

### Services offered include:

- Comprehensive and holistic assessment
- Balance and strength training
- Vision review
- Expert advice on medication management
- Expert nutrition and dietary advice
- Specialist advice on continence aids and equipment
- Expert advice on appropriate and safe footwear
- Prescription of appropriate equipment and assistive devices
- Specialist home safety review and prescription of modifications
- Provision of education on pedestrian safety
- Provision of long term self management plans to put you back in control again

### For More Information

Please visit us at Smart Solutions Rehab Group and speak with one of our friendly and experienced Health Professionals who will be able to tell you more!

Address:

**Suite 2/40 Parker St  
Maroochydore QLD 4558**

Phone:

**1300 729 190**

Email:

**info@ssrg.com.au**

Website:

**www.ssrg.com.au**

*Medicare, Private Health Fund and DVA rebates are available.*