

## General Practitioners Referral / Care pathways

### Assessment

Has your client had: a 75+ assessment completed (+55 for ATSI clients); a recent fall/trip/stumble in the last 6 months; difficulty getting up from a chair; poor balance when walking; [Timed Up and Go \(TUG\)](#) > 14sec; cognitive impairment; assistance required with mobilization; low BMI; general deterioration in health or is osteoporotic

### Medical Director form to use

As a GP with a client with 1 or more of the above mentioned symptoms, and have access to 'Medical Director' (practice Management Software), additional care planning information is available in the "[Falls & Injury Prevention Plan – GPMP721](#)".

If you do not have access to 'Medical Director' use this [form](#).

### Important extra elements to falls risk screen

#### Osteoporosis Screening

If your client has Osteoporosis then utilise "[Identifying, Treating and managing Osteoporosis](#)"

#### Nutrition Screening

If you identify a client of <22kg/m<sup>2</sup> use the "[Nutritional Risk in Older People](#)" flow chart

### Where to refer to

#### Service providers

To assist in finding a suitable health professional a [Professional Services Directory for Falls Prevention](#) has been developed for the Metropolitan Adelaide region.

Further information is provided in the [Referral Guide for Falls Prevention Services](#)

#### Day therapy centres

There is a listing of Day Therapy Centres for [Metropolitan Adelaide](#) available or to search for centres in country South Australia search [Commonwealth Carelink](#) or [Human Services Finder](#).

To determine if your client is suitable to be referred to a Day Therapy Centre view [this referral guide](#)

#### Physical activity options

To connect a client to an active program, follow the link to [Active Ageing Australia's website](#) where you will find a range of '[Become Active](#)' [physical activity directories](#).

These booklets identify a range of active options including where activities are held, cost, contact details, and the difficulty of the chosen activity

### Key referral forms for your regions falls pathway

### **CNAHS**

If you are from the CNAHS region you can utilise the "[Healthy Ageing Transfer of Information for Falls and Fracture Risk](#)" form to refer your client to the services identified above

### **SAHS**

If you are from the SAHS region you can utilise the "[Common Referral Form](#)" to refer your client to the services identified above

### **Country SA**

If you are assessing clients in Country SA then please contact your local Community Health Service for your referral process.