

Health Professionals Referral / Care pathways

Indicators for further assessment

Has your client had: 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 mobilisation; low BMI; general deterioration in health or is osteoporotic

Key steps in the assessment process

Look for the following:

- indicators that further assessment is required;
- overall level of fall risk;
- presenting risk factors;
- which health professionals need to provide further assessment and treatment; and
- which services can provide assessment and treatment if required.

If you are in the CNAHS region view the "[Healthy Ageing Pathways Flow Chart](#)"

If you are in the SAHS region view the "[fact sheet](#)" and the "[Pathways to Independence](#)" flow chart

If you wish to utilise further falls assessment and screening some of these are available at the bottom of the flow chart

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/m2 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

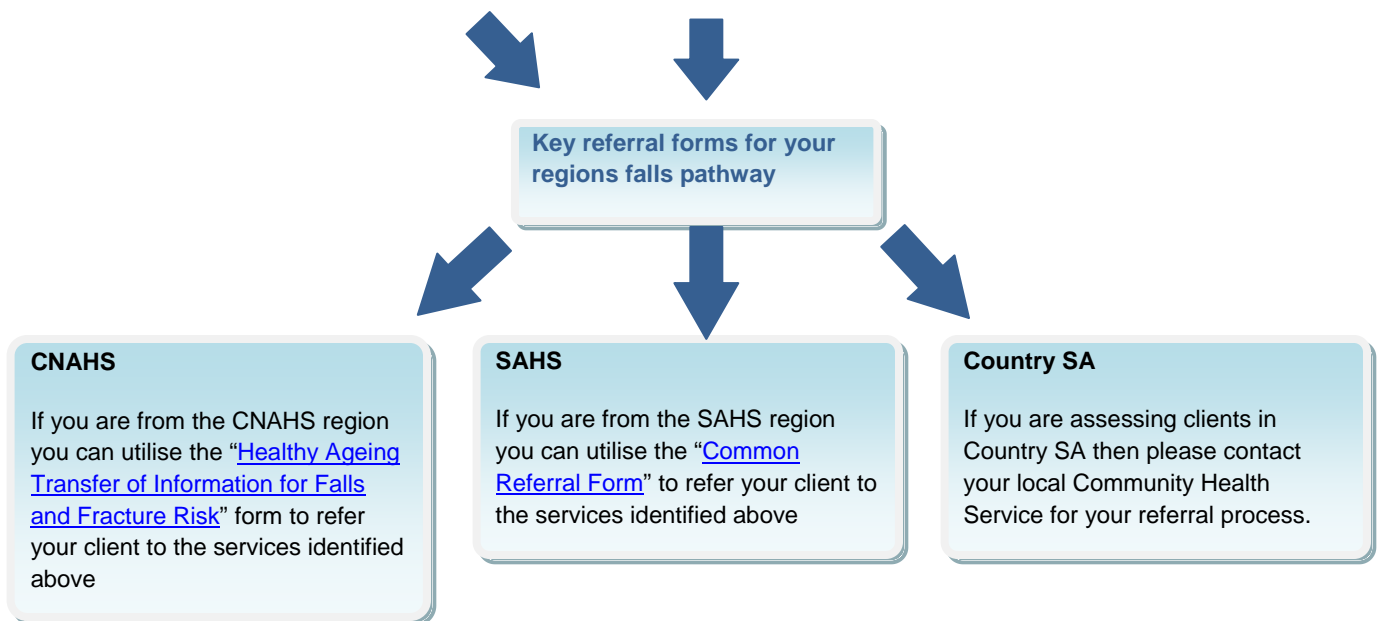
There is a listing of Day Therapy Centres for [Metropolitan Adelaide](#) available or to search for centres in country South Australia search [Commonwealth Carelink](#) or [Human Services Finder](#).

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



This information is provided in a simplified format to enable a quick assessment of clients to be undertaken.

For further comprehensive assessment of a person identified at risk of falls these tools below can be utilised:

 The following documents are in PDF format:

- [BERG Balance Scale - Modified \(including instructions\)](#)
- [Tinetti Mobility Tool](#)
- [FRAT](#)
- [FES \(Falls Efficacy Scale\)](#)
- [FaB \(Falls Behavioural Scale for the Older Person\)](#)
- [FaB Polish](#)
- [FaB Turkish](#)
- [FaB Korean](#)

Residential and Hospital resources:

Flowcharts, '[Hospital Flow chart for falls](#)' and '[Residential Flow chart for falls](#)' have also been developed for the hospital and residential settings directing health professionals to fill out a '[Transfer of Information for Falls and Fracture Risk](#)' form on transfer between sectors.