



## Capital Health

Geriatric Day Hospital

### Falls Clinic Information

#### What is the Falls Clinic?

The Falls Clinic at the Geriatric Day Hospital is an outpatient assessment and rehabilitation service for persons 65 years and older who have had one or more falls or have difficulties with mobility or balance.

#### Who Are We?

The staff at the Falls Clinic includes professionals in nursing, physiotherapy, occupational therapy, social work and geriatric medicine.

#### Who is Eligible to Attend the Falls Clinic?

##### *Persons who:*

- are 65 years or older
- have had one or more falls  
OR
- have mobility and balance difficulties
- agree to be assessed by Falls Clinic staff
- are able to take part in an exercise program

***Patient must be able to attend 2 hour sessions twice weekly for 6-8 weeks***

#### What Do We Do?

##### *We assess:*

- overall health status
- medications
- risk factors for falling
- home safety
- walking aids
- footwear and foot care
- home supports

#### Our Treatment Includes:

- modification of risks for falling
- medication review changes
- exercise programs
- equipment prescription
- home adaptation suggestions
- foot care
- links to community resources
- counseling for persons and caregivers

#### How is a Referral Made?

A person who is eligible can be referred by his/her family doctor or by any health professional with the agreement of the person's family doctor.

#### Our Goal

To prevent future falls in those at risk of falling.

#### How to Contact Us:

*We are located in the*

Geriatric Day Hospital  
1st Floor of the Camp Hill Veterans  
Memorial Building  
QEII Health Sciences Centre  
5955 Veterans Memorial Lane  
Halifax, NS B3H 2E1

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