

<b>NAME OF SERVICE</b>	<b>Steady Steps</b>
<b>ADDRESS</b>	126 Kareena Road
<b>CITY</b>	MIRANDA
<b>STATE</b>	NSW
<b>POSTCODE</b>	2228
<b>TELEPHONE</b>	(02) 9540 7956 (Intake)
<b>FAX</b>	(02) 9540 7869
<b>DESCRIPTION OF SERVICE</b>	<p>Steady Steps is a once a week for 8 consecutive weeks falls prevention group exercise program for clients aged 65 years and over who have experienced a deterioration of their balance or unsteadiness when mobilising.</p> <p>Clients will have their gait analysed and balance tested and will be taught a program of low impact movements and sequences to music that incorporate balance exercises. An individualised home exercise program to improve balance is provided to participants. At the end of the Steady Steps program, clients are encouraged to continue their exercise regime at home and/or join a community-based exercise group for long-term maintenance of activity.</p>
<b>REFERRAL CRITERIA</b>	<p>A person that has balance issues and:</p> <ol style="list-style-type: none"> <li>1. Is a resident of the Sutherland Shire and is aged 65 years or older</li> <li>2. Has a cognition level suitable to engage in the program</li> <li>3. Able and willing to exercise in a small group setting</li> <li>4. Is motivated to continue an exercise regime at home</li> <li>5. Has a goal of participating in a community-based outside activity.</li> </ol> <p>Exclusion criteria:</p> <ol style="list-style-type: none"> <li>1. People living in aged care facilities who have access to their own physiotherapist</li> <li>2. Third party, insurance or NDIS clients.</li> <li>3. People who are currently accessing external community exercise programs.</li> <li>4. People with inability to listen/tolerate music</li> <li>5. People unable to mobilise independently (with or without walking aid)</li> </ol>
<b>HOW TO REFER</b>	<p>Mark attention <b>STEADY STEPS</b>.</p> <p>Referrals accepted from any healthcare provider.</p> <p>Must complete an <a href="#">Access and Referral Form</a></p> <ol style="list-style-type: none"> <li>1. Electronic Medical Record (eMR) referral (TSH) to Southcare Community</li> <li>2. Fax <a href="#">Access and Referral Form</a> to (02) 9540 7869 or scan and email to <a href="mailto:SESLHD-SouthCareIntake@health.nsw.gov.au">SESLHD-SouthCareIntake@health.nsw.gov.au</a></li> </ol>
<b>IS THERE A WAITING LIST</b>	Yes
<b>WAITING LIST DETAILS</b>	<p>A prioritisation tool is utilised to triage referrals.</p> <p>Priority is given to clients with a recent history of falls.</p>
<b>HOURS/DAYS OF OPERATION</b>	Tuesdays - 9:30-10:30am
<b>APPROXIMATE COST</b>	<p>Donations towards gym equipment are welcome.</p> <p>Limited bus transport to and from the program is available for residents of the Sutherland Shire at a cost of \$5 per session.</p>