**NAME OF SERVICE**  
**Mobility Clinic & Steady Steps™**

**ADDRESS**  
126 Kareena Road

**CITY**  
MIRANDA

**STATE**  
NSW

**POSTCODE**  
2228

**TELEPHONE**  
Intake (02) 9540 7956 / Physio office 9540 7698 8am – 4pm.

**FAX**  
(02) 9540 7869

**DESCRIPTION OF SERVICE**  
Mobility Group is an 8 week exercise and education program for frail clients who have experienced a decline in their mobility. It is designed to improve their physical function and reduce their risk of falls. Attendance is once a week for 8 consecutive weeks. The expectation is that clients will then join a community-based exercise group for long term maintenance of activity. Client may be using a walking frame or walking stick. They will have their gait analysed, their balance tested and will be taught a program of exercises for strength, balance and flexibility. Entry is by medical referral to Southcare for a home physiotherapy assessment. A limited bus service is available for a small donation. Waiting list applies.

Steady Steps™ is a more challenging falls prevention exercise group for older persons incorporating dance moves set to music. This group is currently running on Friday mornings at Southcare as an 8 week program. Referral is via Southcare intake referral form to Physiotherapy for a home assessment. There is a waiting list.

**WHO TO REFER**  
Residents of Sutherland Shire with mobility issues who do not qualify for ‘Stepping On’ due to frailty or use of walking frames.

**HOW TO REFER**  
The GP/ MO must:

1. Complete and fax an [Access and Referral Intake Form](mailto:Access and Referral Intake Form) to (02) 9540 7869 or
2. Scan this form and email to SESLHD-SouthCareIntake@health.nsw.gov.au

**REFERRAL CRITERIA**  
Inclusion:
1. Resident of the Sutherland Shire (or residing with) and over 65 years.
2. Has medical clearance to attend.
3. Has a cognition level above 23/30 on the MMSE
4. Is motivated to continue an exercise regime at home.
5. Has a goal of participating in outside activity.

Exclusion criteria:
1. People living in aged care facilities who have access to their own physiotherapist.
2. Third party, insurance or NDIS clients
3. People who are eligible and can access ‘Stepping On’ programmes.

**IS THERE A WAITING LIST**  
Yes

**WAITING LIST DETAILS**  
Priority is given to clients with a recent history of falls.

**HOURS/DAYS OF OPERATION**  
Mobility Group Thursdays 9:30; Steady Steps Friday 9:30am

**APPROXIMATE COST**  
Limited bus transport. $5.00 donation for bus.