



NAME OF SERVICE	Mobility Group
ADDRESS	126 Kareena Road
CITY	MIRANDA
STATE	NSW
POSTCODE	2228
TELEPHONE	(02) 9540 7956 (Intake)
FAX	(02) 9540 7869
DESCRIPTION OF SERVICE	<p>The Mobility Group is a once a week for 8 consecutive weeks group exercise and education program for individuals aged 65 years and older who have experienced a decline in their mobility. It is designed to improve their physical function and reduce risk of falls. Clients may be using a walking frame or walking stick.</p> <p>Clients will have their gait analysed and lower limb strength and balance tested. An individualised home exercise program to improve lower limb strength and balance is provided to participants.</p> <p>At the end of the Mobility Group 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>
REFERRAL CRITERIA	<p>A person that has mobility issues and:</p> <ol style="list-style-type: none">1. Is a resident of the Sutherland Shire and aged 65 years or older2. Has a cognition level suitable to engage in the program3. Able and willing to exercise in a small group setting4. Is motivated to continue an exercise regime at home5. Has a goal of participating in a community-based outside activity <p>Exclusion criteria:</p> <ol style="list-style-type: none">1. People living in aged care facilities who have access to their own physiotherapist2. Third party, insurance, or NDIS clients3. People who are currently accessing external community exercise programs4. People who require constant 1:1 supervision5. People unable to walk independently (with or without walking aid)
HOW TO REFER	<p>Mark attention MOBILITY GROUP.</p> <p>Referrals accepted from any healthcare provider.</p> <ol style="list-style-type: none">1. Electronic Medical Record (eMR) referral (TSH) to Southcare Community2. Fax Access and Referral Form to (02) 9540 7869 or scan and email to SESLHD-SouthCareIntake@health.nsw.gov.au
IS THERE A WAITING LIST	Yes
WAITING LIST DETAILS	<p>A prioritisation tool is utilised to triage referrals.</p> <p>Priority is given to clients with a recent history of falls.</p>
HOURS/DAYS OF OPERATION	Thursday and Friday - 10am-11am
APPROXIMATE COST	<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>