

NAME OF SERVICE	Mobility Clinic
ADDRESS	126 Kareena Road
CITY	MIRANDA
STATE	NSW
POSTCODE	2228
TELEPHONE	Intake (02) 9540 7956 / Afterhours 9540 7698 (voicemail message service only)
FAX	(02) 9540 7869
DESCRIPTION OF SERVICE	<p>The 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. Bus service is available for a small donation. Waiting list applies.</p> <p>‘Come On, Let’s Dance’ is a falls prevention exercise group for older persons incorporating dance moves set to music. This innovative alternative to mobility group is currently being trialled from August 2017 to August 2018. Phone 95407698 for details.</p>
WHO TO REFER	Residents of Sutherland Shire with mobility issues.
HOW TO REFER	<p>The GP must complete a Southcare Access and Referral Form.</p> <ol style="list-style-type: none"> 1. Electronic Medical Record (eMR) referral (TSH) or 2. Fax an Access and Referral Intake Form to (02) 9540 7869 or scan and email to SESLHD-SouthCareIntake@health.nsw.gov.au
REFERRAL CRITERIA	<p>A person that:</p> <ol style="list-style-type: none"> 1. Is a resident of the Sutherland Shire (or residing with) 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. <p>Exclusion criteria:</p> <ol style="list-style-type: none"> 1. People living in aged care facilities who have access to their own physiotherapist. 2. Third party, insurance or NDIS clients 3. People who can access Stepping On programmes. 4. Clients with MMSE under 23/30.
IS THERE A WAITING LIST	Yes
WAITING LIST DETAILS	Priority is given to clients with a recent history of falls.
HOURS/DAYS OF OPERATION	Thursday and Friday - 9:30-11am
APPROXIMATE COST	Limited bus transport. \$5.00 donation for bus.