

STEP FORWARD PROGRAM – FACTS SHEET

What is the Step Forward Program?

It is a specialist multidisciplinary assessment clinic which offers assessment with recommendations and referral for older patients who have had one or more falls in the last 6 months.

Clients attend an initial multidisciplinary screening clinic where their falls risk factors are identified. A case conference occurs at the end of the clinic where a recommended management plan is compiled.

Interventions are arranged, including Geriatrician review, if required, through existing services, eg Community Health, Community Rehabilitation Team (CRT).

The outcomes of the program are being actively evaluated and your patient will be asked if they are willing to have their deidentified data used for this purpose. If they choose not to, it in no way affects their assessment and treatment.

Clients are reassessed at six months. You will be informed of the outcome of each clinic visit by letter.

How to Refer to the Step Forward Program?

- A referral letter to the Step Forward Program, C/O Medical Suites Nambour Hospital, Hospital Road Nambour with accompanying medical history, medications and relevant information. If a specific medical opinion is sought, then it can be addressed to Dr Christine Fawcett, the geriatrician associated with the program. Please note that Dr Fawcett attends the multidisciplinary case conference and will review the histories of all patients in conjunction with the team.

Who is Eligible?

- Adults with a history of one or more falls in the past six months for which a clear diagnosis and management plan has not been able to be established.
- Falls unlikely to be syncopal in origin.
- Clients must be medically and psychiatrically stable without significant cognitive impairment (MMSE \geq 20).
- Clients must be residents of the Sunshine Coast-Wide Bay Health Service District.

Is There a Fee?

No. The Service is funded by Queensland Health.

Where is the Program held and how are patients informed?

- The program is currently running out of Caloundra Hospital
- Eligible clients will be contacted with an appointment and asked to complete a written questionnaire prior to attending the clinic.
- Clients should allow two hours for clinic visits.

Transport Options

- Clients need to arrange their own transport to the clinic. Out Administration Officer may be able to help.
- Community transport assistance may be available from local HACC providers.
- Commonwealth Carelink Centre Phone 1800 052 222 can be contacted for information on transport services in the area.

Further Information

To speak with the Step Forward Program clinic staff contact the Administration Officer, Nambour General Hospital phone 5470 6690 who will direct you to the appropriate clinician.