



The Victorian  
Rehabilitation Centre

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The Victorian Rehabilitation Centre

A Healthscope hospital.

ABN 61 069 962 698

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# Better Balance



## Our Facilities

The Victorian Rehabilitation Centre is a leading rehabilitation facility with over 40 years of experience.

We pride ourselves on our excellent reputation.

Our team expertly manages the rehabilitation needs of our patients with equipment and facilities that are at the forefront of rehabilitation and technological practice.

## Better Balance

About one in three people over the age of 65 years have a fall each year.

### Who will benefit from a better balance program?

The Better Balance program is for people who have had a fall or are at risk of falling. There are multiple risk factors that contribute to falls, these may include:

- History of falls
- Multiple medications
- Poor vision
- Environmental factors
- Fear of falling
- Mobility issues
- Confusion or disorientation
- Poor physical condition

### How will a Better Balance program help me?

- It will provide education regarding risk factors associated with falls and strategies to reduce them
- There will be strategies discussed for performing everyday tasks without increasing falls risk
- Improve confidence and reduce fear of falling
- Improve overall strength and endurance
- Improve capacity for walking
- We will address the factors associated with poor balance and improve balance reactions

## Program Details:

The Better Balance program runs twice a week. Each session includes an education and exercise component. All sessions are delivered by health professionals with extensive experience in their fields, including:

- Rehabilitation Specialist
- Physiotherapist
- Occupational Therapist
- Dietitian
- Psychologist
- Social worker

As part of the program you will receive a handbook outlining the program timetable and education content.

## Referral

A referral is required to take part in this program. This can be obtained from your General Practitioner, Specialist or referring hospital.

## Funding arrangements

We have funding agreements with all private health insurance funds as well as:

- Department of Veteran's Affairs (DVA)
- Transport Accident Commission (TAC)
- WorkSafe Victoria
- Comcare

Alternatively this program can be self funded.