



Stepping On © Clemson & Swann



## 'STEPPING ON' referral form PREFERRED START DATE Please Tick Option

- 11 February** 2019 for 7 weeks
- 6 May** 2019 for 7 weeks
- 22 July** 2019 for 7 weeks
- 21 October** 2019 for 7 weeks

Please fax or email completed form to: Stepping On Project Co-ordinator  
 Email: SESLHD-[steppingon@health.nsw.gov.au](mailto:steppingon@health.nsw.gov.au) or fax: 95408292 **before** starting the program

### Participant details:

|  |                  |                  |
|--|------------------|------------------|
| Name:  | D.O.B:    /    / | Sex: M/F         |
| Address:   |                  |                  |
| Suburb:  |                  | NSW Post code:   |
| Home phone:  | Mobile:          | Language spoken: |
| Falls history:<br>Number of falls or near fall:  |                  |                  |
| Cognition: (please circle)    Intact                      Borderline                      Poor   |                  |                  |
| Is patient suffering from degenerative neurological condition that affects their ability to participate in interactive group process?    YES/ NO |                  |                  |
| Precautions:   |                  |                  |
| Current medication:  |                  |                  |
| Walking aid:   |                  |                  |

- Is patient **MEDICALLY STABLE** to participate in an exercise program? YES / NO
- Is patient **ABLE** to participate in testing and any intervention strategies implemented? (i.e.: no severe degenerative disease or cognitive deficits)? YES / NO
- Is patient **MOTIVATED** to undertake the intervention strategies suggested? YES / NO

|                          |       |
|--------------------------|-------|
| Referring Doctor's name: |       |
| Surgery contact details: |       |
| Signature:               | Date: |

## Free 'Stepping On' Program at MORTDALE

'Stepping On' is an exciting, friendly and free community program. The program will provide you with information on how to reduce your risk of falling and maximise your independence at home. Local health professionals and invited guests present the program which includes proven and effective exercises to improve your strength and balance, information on medications, home hazards, moving out and about safely and nutrition.

These program runs for 2 hours each week **for 7 weeks** and a follow up session in two months after the completion of the program.

**In 2019 we will be running 4 courses on MONDAYS with the following start dates:**

- 11 February** 2019 for 7 weeks
- 6 May** 2019 for 7 weeks
- 22 July** 2019 for 7 weeks
- 21 October** 2019 for 7 weeks

**Time: 10.00 am – 12.00 am**

**Venue: Mortdale Community Centre, Boundary Rd, Mortdale**

This program is for a person who is

- over 65 years and older
- living at home, able to walk independently or on a stick
- fearful of falling or has fallen recently

Stepping On is not suitable for people with dementia or degenerative neuromuscular conditions. *Unfortunately, previous participants are ineligible to attend.*

*You must obtain a SIGNED medical clearance from your doctor before participating. It is important to wear comfortable clothes and supportive shoes for exercising.*

For more information and enrolment please return this **DOCTORS FORM** to us, or phone Maree at Jubilee Community Services 02 9579 6322.

**This program is brought to you by:**

Jubilee Community Service Inc. in partnership with South Eastern Sydney Local Health District



'STEPPING ON' referral form



Please return this form to: Maree Gunn  
Jubilee Community Services  
P O Box 195, Mortdale NSW 2223

*A letter will be sent to you confirming your acceptance at the course.  
The course cant be attended without submitting this form and acceptance being confirmed.*