

## If you are aged 65 years or older, do you ...

- have 2 or more falls in the past one year OR recently sought medical attention because of a fall?
- need to use your hands to push yourself up from a chair when you stand?
- have unsteadiness or difficulty in walking?
- need to hold onto furniture to stabilize yourself when walking at home?

If you answered 'YES' to any of the above questions, you should consult your doctor for further evaluation.

## Some TIPS to prevent falls:

- Check your EYES regularly
- Make sure you are taking the right MEDICATIONS in the right way. Do not self medicate.
- Make sure your home ENVIRONMENT is safe
- EXERCISE regularly to improve your balance



### BUS & MRT SERVICES

B1 (ALONG THOMSON ROAD)  
SBS : 21, 56, 57, 131, 131A, 166  
SMRT : 980

B3 (ALONG MOULMEIN ROAD)  
SBS : 21, 124, 124A, 518, 518A

NS 20 (NORTH-SOUTH LINE / NOVENA MRT)

### LEGEND

- BUS STOP
- TAXI STAND
- CAR PARK
- MRT



Centre for Geriatric Medicine enquiries and appointment line: Tel: 6359 6100 Fax: 6359 6101

### Centre for Geriatric Medicine

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# Centre for Geriatric Medicine

## Falls And Balance Clinic



Tan Tock Seng  
HOSPITAL





## Why are falls a serious problem?

About 30% of older persons aged 65 years and above experience a fall every year. Falls can result in serious consequences such as injuries and fractures.

In addition to injuries, falls can also cause psychological fear of future falling. Falls can be prevented.

### Why Does A Person Fall?

There are many reasons why a person falls. It may be due to muscle weakness, poor balance, poor eyesight or an underlying medical condition. Falls may also be accidental or associated with high-risk activities.

### What Is A Falls And Balance Clinic?

The clinic consists of a team of healthcare professionals who are trained in rehabilitation and geriatric assessment. It is important to accurately assess the causes of the fall so that an appropriate treatment programme can be started.

### The Initial Assessment

On the day of your appointment, you will first be seen by a nurse clinician who will obtain some background history of your condition, initiate the assessment and provide advice on falls prevention. You will then be assessed by a geriatrician who will examine you. Some investigations may be ordered for you.

### Physiotherapist

The physiotherapist will make a comprehensive assessment of your general fitness, balance and walking ability and will develop an exercise programme for you. The physiotherapist will review your progress and adjust your exercise programme as you improve.

### Occupational Therapist

The occupational therapist will advise you on strategies to cope with your activities of daily living. It may also be necessary for the occupational therapist to assess your home environment and modify it to improve your safety at home.

### How Long Will The Clinic Session Take?

The first visit may take approximately 2 hours or more. You are advised to wear loose, comfortable clothing and proper shoes when you come for your appointment.

You are also encouraged to bring all your medications along for your doctor to review.

You will be reviewed after six weeks and again at the third month unless there is a need for you to be seen earlier.