



Name of Service	MOBILITY CLINIC
Address	126 Kareena Road
City	MIRANDA
State	NSW
Postcode	2228
Work Phone	(02) 9540 7175 or (02) 9540 7540
Fax Number (Referrals)	(02) 9540 7869
Description of Service	The Mobility Clinic aims to encourage and provide the opportunity for clients, who have experienced a recent decline in their mobility and have the potential to improve, by having their gait analysed and being taught skills to help them with their mobility e.g. exercises for strength, flexibility and balance; practice getting up from the floor and visits to shopping centres for retraining and confidence in mobility in the community i.e. stairs, lifts and escalators.
Who to refer?	A resident of the Sutherland Shire who has been referred by a medical officer. People who meet the following criteria CANNOT be referred: <ol style="list-style-type: none">1. Profoundly deaf2. Blind3. Severe chronic illness e.g. COPD4. Severe or unmanaged incontinence
How to refer?	<ol style="list-style-type: none">1. Phone (02) 9540 7956 or <ol style="list-style-type: none">2. Fax a Southcare referral form
Referral criteria	A person that: <ol style="list-style-type: none">1. Is a resident of the Sutherland Shire (or residing with)2. Has a medical referral3. Has the potential to mobilise4. Has the ability to follow instructions5. Has the potential for muscular-skeletal improvement6. Is motivated to continue an exercise regime at home7. Has a goal of participating in outside activity e.g. Bowls <u>Exclusion criteria:</u> <ol style="list-style-type: none">1. Profoundly deaf2. Blind
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 - 1 group and Friday - 2 groups
Approx costs?	Bus transport \$4 if needed