

Balance and Reconditioning Program



John James Hospital

Continuing the Mission of the Sisters of the Little Company of Mary



What are the aims and goals of the program?

Our aim is to improve and increase the strength and balance of the de-conditioned individual using a multi-disciplinary team approach.

Our goal is to provide a safe environment for participants to exercise in so that they may improve their fitness, strength, balance and confidence.

It is also our goal to increase participant's awareness of the risk factors that can lead to a fall and provide participants with the strategies to prevent future falls and achieve their individual program goals.



The Balance and Reconditioning Program

‘A multi-disciplinary team approach has been shown to provide the most successful results in decreasing and preventing the risk of further falls. There will be several disciplines involved in our program to ensure the highest quality of service.’

What is the structure of the program?

Our program is delivered by an Exercise Physiologist over 10 weeks. Participants attend 2 sessions per week (total of 20 sessions).

Each session takes 2-3 hours. This allows time for the gymnasium, the hydrotherapy pool or education sessions.

What facilities are there?

In our specially equipped Reconditioning gym you will exercise in a group environment promoting the enjoyable side of exercise and at the same time improving balance, strength and co-ordination.

Our Hydrotherapy pool provides an excellent medium for controlled weightless exercise, the warm water also reduces stress on joints and painful soft tissue.

Who is in our Team?

Healthy ageing involves a combination of physical activity and a healthy diet which is what our professional caring team is here to teach you how to achieve.

The Calvary John James Hospital *Falls and Reconditioning Program* multi-disciplinary team consists of:

- Exercise Physiologist
- Dietitian
- Occupational Therapist
- Social Worker
- Pharmacist
- Physiotherapist
- Allied Health Assistant.

The Balance and Reconditioning Program includes education topics such as:

- Goal setting
- The benefits of exercise
- Medications
- Continence
- Home environment
- Diet and nutrition
- Sensory issues
- Falls emergency plan
- Outdoor hazards and community management
- Psychological factors of falls
- Medical factors of falls
- Ongoing exercise
- Know your limits
- Mind, brain and balance



Balance and Reconditioning Program Admission Pathway

STEP 1

CONTACT YOUR DOCTOR

Contact your doctor for a referral to participate in the Balance and Reconditioning Program.

Please provide Health Fund or DVA details.

STEP 2

ENROLMENT AND ASSESSMENT

Referral to be sent to Calvary John James Day Therapy Program

TELEPHONE: (02) 6281 8113

FAX: (02) 6229 2188

EMAIL: CJJH.DayRehab@calvarycare.org.au

Day Therapy Program will contact you to arrange an initial assessment appointment.

STEP 3

COMMENCEMENT OF PROGRAM

Day Therapy Program will arrange a commencement date with you.

About Calvary

Calvary is a charitable Catholic not-for-profit organisation with more than 12,000 staff and volunteers, 15 public and private hospitals, 17 Retirement and Aged Care facilities, and a national network of Community Care centres. We operate across six states and territories within Australia.

Established in Sydney in 1885, by the arrival of the Sisters of the Little Company of Mary in Australia, our mission is to provide health care to the most vulnerable, including those reaching the end of their life.



Calvary

| John James Hospital

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