

## Referral Form – Northern NSW Local Health District

STEPPING ON is an evidence-based, multidisciplinary falls prevention program held for 2 hours a week over 7 weeks in local community venues.

Eligible participants must be:

- 65 years or older;
- Community dwelling;
- Independently ambulant (with or without a walking stick);
- Cognitively intact; and
- Have either experienced a fall or have a fear of falling

Note: This program is **NOT** suitable for people with dementia or a diagnosed neuromuscular condition.

### Referred by

Name: \_\_\_\_\_ Position: \_\_\_\_\_

Contact phone number: \_\_\_\_\_ Date: \_\_\_\_\_

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### Participant details

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Contact phone number: \_\_\_\_\_ Fall in the last 12 months: YES/NO

Address: \_\_\_\_\_

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### Preferred Program Location:

- |  |                                     |                                       |  |
|--|-------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Alstonville     | <input type="checkbox"/> Byron Bay  | <input type="checkbox"/> Maclean      | <input type="checkbox"/> Tweed Heads   |
| <input type="checkbox"/> Ballina         | <input type="checkbox"/> Casino     | <input type="checkbox"/> Mullumbimby  | <input type="checkbox"/> Yamba         |
| <input type="checkbox"/> Bangalow        | <input type="checkbox"/> Evans Head | <input type="checkbox"/> Murwillumbah | <input type="checkbox"/> _____ (other) |
| <input type="checkbox"/> Banora Point    | <input type="checkbox"/> Kyogle     | <input type="checkbox"/> Ocean Shores |  |
| <input type="checkbox"/> Brunswick Heads | <input type="checkbox"/> Lismore    | <input type="checkbox"/> Pottsville   |  |

To refer a participant to the *STEPPING ON* program, please return this form to:

**Robyn Newson, Stepping On Coordinator**

Email: [robyn.newson@health.nsw.gov.au](mailto:robyn.newson@health.nsw.gov.au)

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Phone: (02) 6620 2553