



*Commonwealth Home Support Programme*

# *Keeping Mobile & Preventing Falls*

EXPERT TAILORED PHYSIOTHERAPY  
PROGRAMME



[kincare.com.au](http://kincare.com.au)

# *How we can help*

Falls don't have to be an inevitable part of ageing, there is a lot you can do to maintain your mobility and independence. Even if you have not experienced a fall, preventing them is one of the most important things you can do to maintain your independence as you get older.

There's no question that being active and confident on your feet has a positive impact on overall wellbeing. That's why our expert team of Allied Health professionals have developed our 'Keeping Mobile and Preventing Falls' service.



# *Keeping Mobile & Preventing Falls*

*Whether you have a history of falls or want peace of mind around preventing them in the future, this service is tailored to your home and to your specific needs. Our team will provide you with support and partner with you to build your independence.*

With more than 30 years of clinical expertise, we are experienced in the things that can help you, your family or carers, to know whether you are at risk of having a fall. We will also highlight specific things that can be done to help. Here are just a few of the services available:

## ***Personalised falls risk assessment:***

- Holistic review and assessment of your fall risk factors;
- Home Safety Check completed by an experienced Clinician to make your home as safe as it can be;
- Health and Wellbeing Check looking at your overall nutrition, medical condition and mobility.

## ***Expert Allied Health advice in your own home:***

- Our KinCare Physiotherapists provide in-depth analysis of your physical mobility and balance followed by a personalised plan to either rebuild mobility or enhance an already active lifestyle;
- We coordinate and provide referrals to your GP or health care team as required, to support your health goals.

## ***Tailored home modifications and equipment advice:***

- Individualised assessment in your home.
- Discuss with you what is important to you to keep you safe and independent;
- Measure up for suitable safety aids, such as rails and ramps, inside and outside the home;
- Prescribe appropriate equipment such as shower stools, over-toilet aids and bed rails to maintain independence.

## ***Personalised in-home exercise programme:***

- Our highly experienced physiotherapist will design a personalised 6 week exercise programme for you to complete at home;
- Your programme will focus on improving or maintaining your balance, muscle strength and fitness;
- KinCare team members are available to support you with exercises in your home;
- Our KinCare Physiotherapists will provide advice and support throughout, to ensure you achieve the results you are looking for.

### **WE ARE ABLE TO ACHIEVE EXCELLENT OUTCOMES BY:**

- ✓ Comprehensive multidisciplinary health and mobility checks;
- ✓ Home safety checks to reduce risks and hazards;
- ✓ Early intervention for health risks you may not be aware of;
- ✓ Listening to you and empowering you with practical solutions;
- ✓ Promoting wellness and independence.

## ***Our approach***

KinCare offer a range of in-home and community care services if you:

- Are experiencing short or long-term health problems;
- Are older and in need of assistance;
- Have a disability;
- Are carers or families who may need support or respite.

KinCare will partner with you to build your independence and help you feel comfortable, safe and cared for in your own home. We'll treat you with dignity and respect, supporting you to improve your quality of life. Our care is delivered at home and in the community.

For your peace of mind, our KinCare team members are trained specifically to provide in-home care and support. They have detailed reference checks, police checks, wear a uniform and carry photo identification, so you know who they are.

## ***What does the Keeping Mobile and Preventing Falls service cost?***

KinCare's Commonwealth Home Support Programme (CHSP) services are supported by the Australian Government Department of Health. The subsidy programme does not necessarily fund the full cost of the service. So each person may pay a small contribution.

Your KinCare Customer Care Manager will discuss the cost of the service at your initial consultation before services start. Payment can be made by direct debit, EFT, cheque or credit card. Special consideration is available to people experiencing financial difficulty.

## ***How to arrange a CHSP Keeping Mobile and Preventing Falls service***

Follow the three simple steps below. Once you're assessed as eligible, we'll match our services to suit your needs.

1. Visit the My Aged Care website or call the information line on 1800 200 422.
2. Once assessed, choose to be with KinCare as a provider.
3. Call our KinCare team on 1300 733 510 to find out more.



**KinCare CHSP Keeping Mobile and Preventing Falls service are available in: ACT, NSW and QLD.**

*Funded by the Australian Government Department of Health.*

*Although funding for this Keeping Mobile and Preventing Falls service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*



---

*“The best care begins  
with listening to you,  
and your story.”*

---





## *Commonwealth Home Support Programme*

# **There's no place like home**

We support our customers to live the life they choose in the comfort of their own home. For thirty years, we've put them at the heart of everything we do. Our personal in-home aged care services ensure the safety, independence and wellbeing of older Australians, with dedicated, highly trained carers available around the clock.

As our customers' circumstances and needs change, KinCare provides peace of mind with holistic, clinical, connected services that support the care pathway that's right for them, including dignified care at the end of life.

*KinCare paves the way so older  
Australians can stay in their home  
for as long as they wish.*

**Speak with your  
local team today**  
**1300 733 510**  
**mail@kincare.com.au**

170048-FINAL-31MAY2022