

## How do I know which team to refer my patient who has fallen / who is at risk of falls to?

Please use the information below to help you determine which of the Services listed is most suitable for you to refer your patient to, and what supporting information you may need to provide.

### OPARS = Older Peoples Assessment and Rehabilitation Service

#### Who are OPARS?

- Multidisciplinary Clinic with Consultant Geriatrician, Physiotherapists, Occupational Therapists, Nurses, Biomechanics, Podiatrist and Rehabilitation Assistants

#### Why refer to OPARS?

- 65 years+ with complex pathologies who need further investigation and/or specialist rehabilitation
- Need multidisciplinary input in an outpatient setting and can attend outpatient appointments (transport provided if required)

#### What supporting information is required?

- Reason for Referral including details of presenting conditions with time scales
- EMIS report

### CRT = Community Rehabilitation Team

#### Who are CRT?

- Physiotherapists, Occupational Therapists, Assistant Practitioners and Rehabilitation Assistants
- Provide short-term rehabilitation service in both community and bed based units

#### Why refer to CRT?

- Preventing Hospital Admissions (Referral via District Nurses)
- 16+ who need Physiotherapy or Multidisciplinary rehabilitation and is housebound /cannot attend a hospital or clinic for therapy

#### What supporting information is required?

- Reason for Referral including details of presenting conditions with time scales
- EMIS report

### FPS = Falls Prevention Service

#### Who are the FPS?

- Physiotherapists and Rehabilitation Assistants
- We offer:
  - Ability graded "Staying Steady" exercise and advice classes
  - Falls assessment and treatment in a patient's home (Home Response)
  - Otago type Exercise Programme (for people who can mobilise with a frame or are housebound)

#### Why refer to FPS?

- 65 +who need a 'booster' post rehabilitation or initial input to prevent falls or to increase confidence.

#### What supporting information is required?

- For Falls Prevention Classes- "Staying Steady" exercise and advice class referral form (EMIS can be used for medical conditions and medication section)
- For Home Response and Otago Home Exercise Programme :Reason for referral and EMIS

### CNTT Community NeuroTherapy Team

#### Who are the CNTT?

- Nurses, Occupational Therapists, Physiotherapists and Speech and Language Therapists
- Provide multidisciplinary rehabilitation in the community and outpatient physiotherapy for patients with neurological conditions.

#### Why refer to CTT?

- 18+ patients requiring rehabilitation relating to a neurological diagnosis

#### What supporting information is required?

- Reason for referral including details of presenting neurological condition with time scales
- EMIS report