

**CBCHS Mission Statement**

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

**Values**

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

**Vision Statement**

Quality. Community. Wellbeing.

**Address all correspondence to  
THE CEO  
CENTRAL BAYSIDE COMMUNITY  
HEALTH SERVICES**

**HEAD OFFICE  
335 NEPEAN HIGHWAY PARKDALE  
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also  
available from the following venues**

**DENTAL CLINIC**

335 NEPEAN HIGHWAY PARKDALE  
TELEPHONE 8587 0350

**ADULT COMMUNITY OPTIONS**

299 CENTRE DANDENONG ROAD CHELTENHAM  
TELEPHONE 9581 1111

**CHELSEA**

3/1 THE STRAND CHELSEA  
TELEPHONE 9781 9333

**CLARINDA**

58 VINEY STREET CLARINDA  
TELEPHONE 9552 4333

**PLANNED ACTIVITY GROUPS**

31 VENICE STREET MENTONE  
TELEPHONE 9583 6970



**WE WELCOME YOUR  
COMMENTS**

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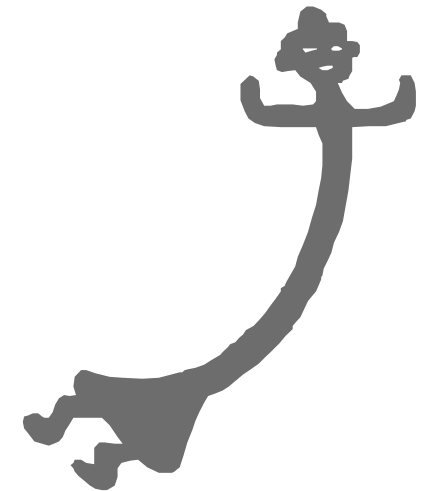


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**CENTRAL  
BAYSIDE  
COMMUNITY  
HEALTH  
SERVICES**



**Preventing Falls**

**335 Nepean Highway Parkdale 3195  
Telephone 8587 0200 Fax 8587 0210  
Email : [info@cbchs.org.au](mailto:info@cbchs.org.au)  
Web Site : <http://www.cbchs.org.au>  
Registration No. A0034938T  
Working Smoke Free**

# Preventing Falls

## Home Safety

- ◆ Remove loose carpets and mats
- ◆ Keep floors clear of clutter
- ◆ Non slip paints and tapes are available for floors and steps
- ◆ Handrails are recommended for baths, showers and toilets
- ◆ Non slip mats are available for baths and showers
- ◆ Have a light within reach of your bed
- ◆ High chairs and chairs with solid armrests are easier to get out of
- ◆ Mark the edges of steps with non-slip tape or paint in a contrasting colour

# Preventing Falls

## Regular Exercise

Regular exercise improves :

- ◆ joint flexibility to allow you to move to balance
- ◆ muscle strength
- ◆ coordination, so you can act quickly should you lose your balance

**Check with your  
Doctor or Physiotherapist  
before starting  
an exercise routine**

**For more information about  
falls prevention contact the  
Occupational Therapists  
on 8587 0200**

# Preventing Falls

## Footwear

Footwear should:

- ◆ fit securely
- ◆ support your feet
- ◆ be comfortable
- ◆ have a non-slip sole
- ◆ be in good repair

**Keep your feet healthy  
-see a Podiatrist-**

## Clothing

Clothes should:

- ◆ not fall below your ankles
- ◆ have fitted sleeves
- ◆ be non-flammable

**Be aware: long belts  
pockets and loose clothes can  
catch on furniture**