

Physician Referral Form

Patient Name:	
Tel #	
Date of Birth	
Medical Conditions (if any):	
Restrictions (if any)	
Additional Information	
Service (check one) _____ Forever Young Balance & Fall Prevention Program OTHER: _____	
Physician Name (PRINT)	
Provider Number	
Physician Signature	
Date	

For more information , please call:

613.521.9800 (Bank Street at Heron Location)

613.715.9000 (Westgate Shopping Centre Location)

Please Fax Referral to 613.521.9801

(For Bank St. Location)

Please Fax Referral to 613.715.9001

(For Westgate Location)



CUSTOMIZED PROGRAMS

Our programs are designed with seniors in mind. Our unique programs can be customized to meet your specific needs and requirements.



ACCESSIBILITY

All programs offered are wheelchair and walker- accessible.



PEACE-OF-MIND

Our program accepts clients with cardiac conditions. All Forever Young locations have CPR trained staff on site.



PHYSIOTHERAPY & FITNESS
OTTAWA



**Try our program today and
notice the difference!**

Program Information

A Program That Works.

DESIGNED SPECIFICALLY FOR SENIORS

Did you know?

- Falls cause more than 90% of all hip fractures in seniors and 20% die within a year of the fracture
- Families are often unable to provide care, and 40% of all nursing home admissions occur as a result of falls by older people
- Even without an injury, a fall can cause a loss in confidence and a curtailment of activities, which can lead to a decline in health and function and contribute to future falls with more serious outcomes
- A 20% reduction in falls would translate to an estimated 7,500 fewer hospitalizations and 1,800 fewer permanently disabled seniors. The overall national savings could amount to \$138 million annually

Don't Take The Risk!



Source:
www.phac-aspc.gc.ca (Canadian Public Health Association)

Geriatric Rehabilitation & Fall Prevention

Our program is designed to improve balance, increase strength and flexibility in a group environment.

Our unique program combines physiotherapy and rehabilitative strengthening in a complete muscular work out to compliment on- going treatment, with a special focus on **FALL PREVENTION**

Our Program was created as the result of years of experience in working with seniors in a variety of settings including Retirement Homes, Long Term Care Homes and Home Care.

Seniors are far more physically active today than ever before and as a result, require more customized treatment options.

All of our participants are monitored and tested regularly to assess their physical function, implement outcome measures with a special focus on sustainable results. Our program is safe for all cardiac conditions and we welcome anyone with:



- Sarcopenia
- Balance Disorders
- Post Surgery Rehabilitation
- Post Stroke Rehabilitation
- Fall Prevention
- Cardiac Disorders
- Arthritis
- General Muscular Reconditioning (Decreased ROM)

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