



Specialist clinics - how they can help

What are specialist clinics?

Specialist clinics offer expert assessment and diagnosis, information on treatment options, information and advice on managing day-to-day concerns or problems, as well as referral to other health professionals or services that may help. Some clinics are run at a centre often located near a hospital, while others offer the service in the home.

Specialist clinics include but are not limited to the following. (They may have different names in different states.)

Falls and mobility clinics

Understanding why falls have occurred can help in identifying ways to reduce further risks. For example, medication changes may help, aids and equipment may be needed, or strategies such as removing mats at home may help to prevent future falls.

Pain management clinics

Exploring reasons for pain and minimising it can lead to a better quality of life. Pain management may involve medications, treatments and learning new ways to manage this on a day-to-day basis.

Continence clinics

Resolving or finding better ways to manage continence issues can help restore dignity as well as confidence in leaving the house. A [continence assessment](#) can identify treatment options, management strategies and continence aides or products that may make caring a lot easier.

Cognitive, dementia and memory service (CDAMS)

Understanding the reason for memory loss or changes to thinking is important. It can help in identifying appropriate treatment options as well as better ways of self-managing the condition or difficulties. Advice about management strategies can be of great help and comfort when caring.

Cost

Generally, there is no cost - funded by the NSW Government.

How to make a referral

GPs can make a referral directly to a specialist clinic. However, you may also contact the Aged Care Assessment Team (ACAT) for information and advice. Phone 1800 500 853 for the details of [your local ACAT](#).

Waiting lists

Waiting lists for appointments are likely to apply. If you believe your situation is urgent make sure the clinic is aware of this - they will give you priority if they can.

Further information:

- ▣ [Aged Care Assessment](#) - information sheet.

Contact the **Carer Line on 1800 242 636*** to request the above information sheets be sent to you - or to find out about other information sheets in this series.

*Free call except from mobile phones. Mobile calls at mobile rates.

We do our best to keep these links up to date, but the internet changes all the time. If you can no longer access any of the above resources, please go to our [Internet Troubleshooting Guide](#), or email us at website@carersvic.org.au