

Long Term Conditions

# Falls prevention service



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The falls prevention service provides specialist care for patients who are at risk of falling or who have had a fall. We will provide support and care to maximise your independence and minimise your risk of falling in the future.

## Consent

A member of the team will ask for your consent before any examinations or treatment. You are always free to say no or to request further information before you make up your mind.

## Assessment

The team will visit you in your own home, or residential care home, to carry out an assessment that will usually last around 1 hour.

During the assessment we will discuss:

- Your falls history
- Your general health (past and present)
- What medications you are currently taking

- What goals you would like to achieve

We will assess your mobility, balance and muscle strength and consider all the main risk factors associated with falls. We will also carry out a home hazards assessment.

The frequency and number of follow up appointments required will be decided by the team based on your clinical needs.

We may also invite you to come to one of our Falls Awareness sessions.

## Treatment

Following the outcome of your assessment, a number of the following steps may be taken. These could include:

- Referral to our 'Better Balance' class at Redhill YMCA, which is a 10 week course of balance and strength exercises.
- A home exercise programme. This helps to prevent further falls so it is important that you try to follow the programme as instructed.



- Equipment to assist your safe daily living
- Support with rebuilding confidence to increase independence.
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We work closely with specialist nurses, GPs, hospitals and social services and will refer you on to other organisations to ensure all your health and social care

needs are met. We will ask for your consent before making any onward referrals.

Please tell the team if you need to cancel or rearrange your appointment giving as much notice as possible on 01737 775474.

All appointment times are approximate due to the nature of community visits. We do our best to see you within 20 minutes either side of the scheduled time.

### Contact details

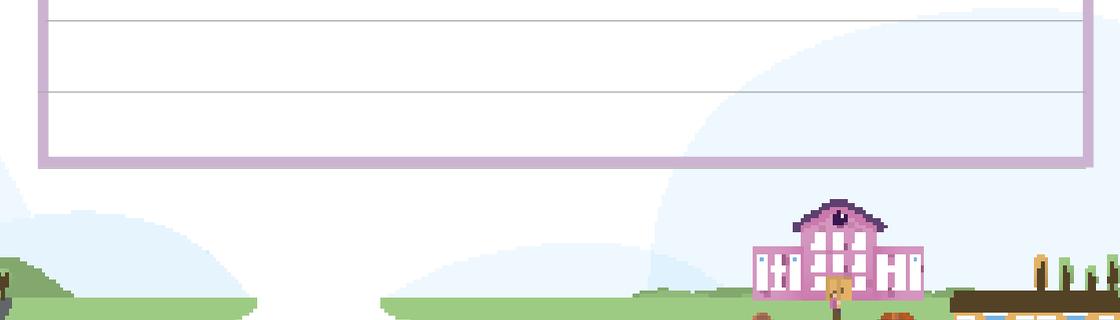
The falls prevention service is open Monday - Friday, 8:30 - 16:30.

Telephone: 01737 775474

Email: [FCHC.falls-service@nhs.net](mailto:FCHC.falls-service@nhs.net)

Name of your therapist:

Advice given by your therapist:



## Why do we provide a falls prevention service?

Many people fall and think nothing of it. Sometimes they think that it is just a part of getting older. A third of people over 65 and half of people over 80 fall each year.

Falls can cause serious injuries, which can affect your mobility and your daily activities. It can also lead to fear of falling and loss of confidence. This can have a serious impact on your quality of life.

However, there are things you can do to make falling less likely. Doing something about it sooner rather than later means you may prevent yourself from having that one serious fall, which could have a huge impact on your life.

For more information visit: [www.firstcommunityhealthcare.co.uk](http://www.firstcommunityhealthcare.co.uk)

If you would like this information in another format, for example large print or easy read, or if you need help communicating with us

Call: 01737775450

Email: [fhc.enquiries@nhs.net](mailto:fhc.enquiries@nhs.net)

Text: 078146390

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