Falls Prevention Service

Information for Service Users, Relatives and Carers

The Falls Prevention Service:

The falls prevention team consists of Allied Health Care Professionals e.g. Physiotherapists and Occupational therapists, they are supported by a team of Falls Prevention Workers who are speciality trained health care workers. The Therapist or Falls Prevention Worker will complete a falls assessment at your home. The aim of the assessment is to identify the risk factors associated with falls and to work together to reduce the risk of you having a fall.

The assessment may include:

- Environmental assessment.
- Assessment of mobility and balance.
- Blood pressure check.
- Discussion around your history of falls and/or your concerns.
- Discussion around other health factors e.g. eyesight, nutrition, continence.

Following the assessment, your Health Care Worker will work with you to discuss the risk factors that have been identified and to develop a plan with you to reduce the risk of you having a fall.

The strategies to reduce the risk may include:

- Provision of equipment or handrails.
- Provision of walking aids.
- Advice on strategies to reduce falls risk.
- Exercise intervention.
- Referrals to telecare.
- Signposting to other NHS services e.g. pharmacist, podiatrist, nursing teams.
- Signposting to external services e.g. fire service. Please refer yourself for a falls assessment via Gateway to Care.

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'Finding Your Feet'

The Falls Prevention Service can also provide support to you to complete an exercise program to improve your strength and balance. The support can include a home exercise program that you can complete independently at home, or you may be referred to one of our 'Finding Your Feet' exercise programs if this is appropriate for you.

Your Falls Prevention Worker or Health Care Professional will be able to prescribe you your own exercise program and to advise you if you would be suitable for the class. They will be able to provide you with additional details about the program currently running in your area.

Please refer yourself for a falls assessment via Gateway to Care.

Falls Clinic

If you are continuing to fall and you are unsure why, the Falls Prevention Service can refer you to the Falls Clinic. The Falls Clinic is led by a Geriatric Consultant and is supported by a Specialist Physiotherapist and Community Matron.

Following a referral to Falls Clinic, your case will be reviewed by the multidisciplinary team, and if required, the consultant will be able to assess you in clinic.

Please refer yourself for a falls assessment via Gateway to Care.

Who can refer to the Falls Prevention Service?

We receive referrals from:

- GPs & Practice Nurses
- Service Users, Carers or Relatives
- Urgent Care Response Team
- Reablement
- Consultants
- Accident & Emergency and the Hospital
- Specialist Nursing Teams
- Community Nursing Teams
- Community Matron
- Social Services If you are a regular user of these services, you may wish to talk to them about a referral or you can refer yourself directly.

Referrals made via contact Gateway to Care:

Monday to Friday 9am - 5pm
Telephone: 01422 393000
Email: **gatewaytocare@calderdale.gov.uk**

If You have suffered a fall or you are concerned that you may be at risk of a fall in the future, please request a referral to our service via Gateway to Care for further advice and support.

If you have any comments about this leaflet or the service you have received you can contact :

Sarah Jenkins

Sarah.Jenkins@cht.nhs uk

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"