

Falls Prevention – Helping older people stay independent and live stronger for longer

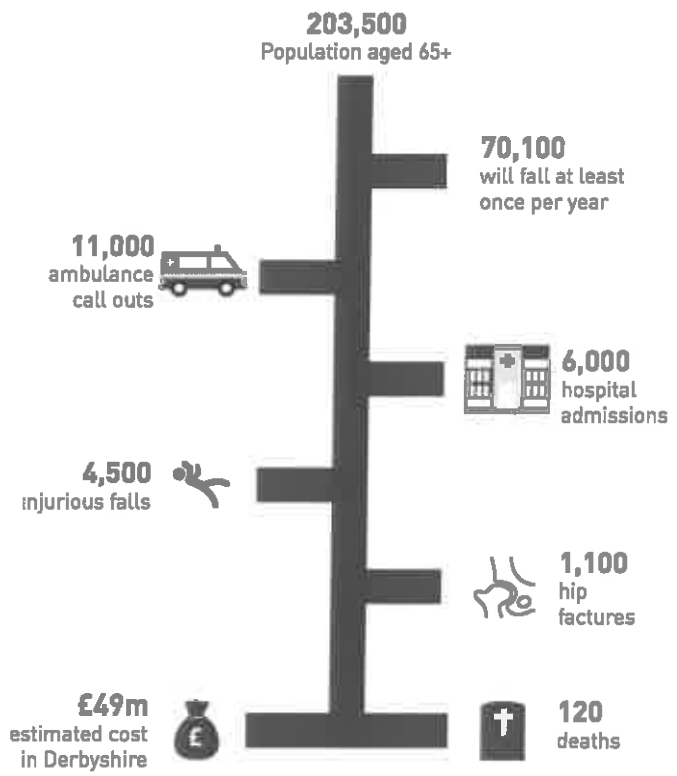
Falls prevention is everyone’s business and we can all help by following these three easy steps:

- A. **Ask** about healthy ageing
- B. **Assess** the older people at risk of falls
- C. **Act** to reduce the risk of falls and fractures

Why are we concerned about falls involving older people?

- Falls are a common and serious health issue faced by people aged 65 years and older
- Falls can lead to pain, distress, loss of confidence and may trigger the loss of independence and can be a sign of frailty
- One in three older people aged 65 and over will fall each year
- Around one in 20 falls results in serious injuries such as fractures

The impact of falls in Derbyshire, including Derby City, is shown below:



What causes older people to fall?

Falls are not a normal part of ageing and many falls are preventable.

Falls involving older people are usually caused by a combination of risk factors such as a history of falls, muscle weakness, poor balance, poor vision, using four or more medicines (polypharmacy), age, dementia and hazards in the home such as loose rugs and absence of grab rails.

Some of these risk factors cannot be changed or modified such as age and history of falls. However many can including strength, balance, medication, vision and home hazards.

By tackling these risk factors we can help to prevent older people falling.

What can I do to help prevent falls?

- Think about falls when working with any older person
- Use the Derbyshire Falls Pathway in this leaflet to tackle falls in three easy steps – Ask, Assess, Act
- Talk to the older person and their family about the risk of falling and ask them what they think will be most helpful
- If you identify that an older person is at risk of falling then tick the relevant risk factors on the Derbyshire Falls Pathway. Give the older person the leaflet and ask them to contact their GP practice to talk about what can be done to keep them safe and independent.

By using Ask, Assess, Act you can identify older people at risk of falling and help keep them independent. This guide gives you information on the impact of falls involving older people, what the risk factors are, how to reduce the risk of an older person falling and what to do if you think an older person maybe at risk of falling.

Other services available to people

Talking Points
A service to support people with their social care, provide information and advice.
www.derby.gov.uk

Local Area Coordination
Local Area Coordination supports people who are vulnerable as a result of physical / learning disability, mental health issues, sensory impairment or age related difficulties.
www.derby.gov.uk



Ask, Assess and Act

A pocket guide to preventing older people falling in three simple steps



For additional copies of this leaflet please call 01332 640804 or 01332 640803

Derbyshire Falls Pathway – Falls prevention and management in three easy steps

One – Ask about Ageing Well

Two – Assess Risk of Falling

Three – Act to reduce risk

All older people (65 years +)

Promoting Healthy Ageing

All older people should be encouraged to adopt healthier lifestyles. Livewell services at Derby City Council provide support to lose weight, stop smoking, improve diet and get more active. Web: www.livewellderby.co.uk

Strength and Balance exercises to reduce the risk of falling

Strength and Balance exercises can help with the prevention of falls. The 'Forever Active' programme provides a free 12 month physical activity and healthy lifestyle programme to support strength, stability and balance and helps to reduce the risks of falls. Delivered in partnership by Derby County Community Trust and Derby City Council. Tel: 01332 641705; email: movemore@derby.gov.uk; web: www.movemorederby.co.uk
Derby County Community Trust tel: 01332 416140; email: community@dcct.co.uk; web: www.derbycountycommunitytrust.com

Safe and well checks to reduce the risk of falling

Derbyshire Fire & Rescue Service provide Safe and Well Checks for people aged 65 and over and for people with physical and learning disability. This includes free advice around fire safety in the home, falls and signposting to other services. Tel: 01773 305305

Home repairs and adaptations to reduce the risk of falling
Derby City's Healthy Housing Hub works with vulnerable people whose home living conditions impact their health and wellbeing. The Housing Hub helps to support people to stay warm, enjoy better health, be safe and secure in their home environment by offering a number of interventions including

- Advice and support
- 'Prescribed works' and 'Healthy Housing Assistance' (means tested)
- 'Handy-person Service' to do small repairs around the house which can help to reduce fall incidents, for example, by installing grab rails.

Tel: 01332 640337; email: HealthyHousing@derbygcsx.gov.uk; web: healthyhousing@nhs.net

Are you at risk of falling?

Derby City Council care link services and telecare equipment sensors are available to anybody in Derby and can help people who are at risk of falling. Carelink is a 24 hour emergency monitoring service and uses specialist lifting equipment if appropriate. The service is accessible instantly at a touch of a button offering personal safety and security to enable people to live independently in their own homes. Tel: 01332 642203; email: Carelink@derby.gov.uk

Assess the risk of the older person falling by asking them at regular intervals whether they:

- Have had 2 or more falls in last 12 months?
- Had a single fall and needed medical attention from a healthcare professional in last 12 months?
- Are anxious or worried about falling or their family/carer is worried and has one or more of the following risk factors:
 - Appears unsteady
 - Finds it difficult to get out of a chair
 - Takes four or more prescription medicines

Low risk of falling
NO to all questions

Higher risk of falling
YES to one or more questions

Continue to encourage ageing well to reduce risk of falling

1. Tackle any immediate modifiable risks if possible using the guide below:

Falls Risk Factor	Suggested action
Home hazards e.g clutter, trailing cables, loose rugs, no lighting, cold home	Voluntary sector Single Point of Access (vS) with a range of services such as housing, h service, for home adaptations and assistance tasks. Tel: 01332 258272; email: dhft.vspad
Footwear	Advise to replace worn out slippers that look
Poor eyesight	Advise to see optician
Worried about getting help after falling	Advise to get a falls alarm
Fear of falling	Encourage to join Strength and Balance ex

2. Advise the older person to contact their GP practice and speak to someone about their risk of falling. Use the risk factors. Include your contact details so the GP practice can contact you for further information and give the leaflet to take with them to their GP.

Contact Name:

Tel: