

INFORMATION FOR PATIENTS

ABOUT

Community Falls Assessment



Harrogate, Knaresborough, Craven and Rural Community Falls Service

This information is available in other formats on request. Please ask your nursing staff to arrange this.

The Facts:

Although not an inevitable consequence of old age, increased rates of falls are associated with growing older.

- One in three people over the age of 65 will fall each year
- One in two people over the age of 80 will fall each year
- One in two women and one in five men will suffer a fracture as a result of a fall
- Falls account for approximately 10 to 25 per cent of ambulance call outs in the over 65's
- Every year around 500,000 older people attend emergency departments in the UK

The Community Falls Service

Our Service is here to help if you have experienced a fall or are concerned about falling. We aim to:

- Reduce the incidence of preventable falls
- Raise awareness about risks and hazards
- Promote health active ageing
- Give practical advice
- Help you to find solutions in order to stay safe

What to expect

Your referral will be sent to the Community Fast Response and Rehabilitation Team who will allocate a practitioner to contact you.

You will be contacted by either a phone call or a letter, unless your circumstances change or you are assessed by another agency. Please note that this is not an acute service so it may take some time before you are contacted (possibly up to eight weeks).

If appropriate, an appointment will be made to visit you at home. During this visit our experienced practitioners will:

- Carry out a full falls risk assessment. This will include looking at a wide range of risk factors such as:
 - Balance and mobility
 - Medications
 - Blood pressure
 - Appropriate support
 - Diet and exercise
 - Feet and footwear
 - Fracture risk
 - Financial / social worries
 - Vision and hearing
 - Home environment

- Discuss with you an individual action plan

- Refer to you other agencies or health professionals for further specific help if that is needed

- Give you advice and information about how to help yourself stay safe

Remember, if you fall you should ***always*** let your doctor know. There are many causes of falls which can be easily remedied.

Points to consider to prevent falls:

- Remove loose rugs / mats and trailing wires
- Make sure your house is well lit
- Keep your home clutter free
- Use non slip mats inside the bath or shower
- Make sure your shoes and slippers fit properly
- Make sure you have regular sight and hearing tests
- Ask your doctor to review the medicines you are taking
- Tell your doctor if you experience episodes of being dizzy or unsteady or any falls

If you need to contact the team about your appointment or referral please ring **01423 554632** between 09.00 and 17.00

**For further information on bone health,
osteoporosis and falls prevention contact:**

National Osteoporosis Society

0845 130 3076 (general enquiries)

0845 450 0230 (helpline)

www.nos.org.uk

AgeUK

0800 169 6565 (advice line)

www.ageuk.org.uk (health & wellbeing section)

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Version 2.0 – Produced July 2012
Approved by PICG: