



Useful resources for patients and carers available here:

The NHS website has information and advice on falls prevention

<https://www.nhs.uk/conditions/falls/prevention>

The CSP's Get up and go – a guide for the public and patients on how to prevent falls

https://www.csp.org.uk/system/files/get_up_and_go_0.pdf

Age UK provides information and advice on falls prevention

<https://www.ageuk.org.uk/.../healthwellbeing/exercise/falls-prevention>

ROSPA provides advice on how to make the home a safer environment

<https://www.rospace.com/home-safety/advice/older-people>

NHS Rightcare Falls and Fragility Fractures pathway (2017)

<https://www.england.nhs.uk/rightcare/toolkits/falls-and-fragility-fractures-pathway/>

Keeping older people safe and well at home | British Geriatrics Society (bgs.org.uk)

<https://www.bgs.org.uk/safeandwell>

The Active at Home booklet

<https://ageing-better.org.uk/news/active-home-ne...>

The Keeping Well at Home guide, published in 2020, it was produced by University of Manchester

<https://www.manchester.ac.uk/.../keeping-well-at-home-guide>

A P E X

Fall Prevention with us



'Prevention is better than cure'

Woodland Medical Practice

Jasmin Road,
Lincoln LN6 0QQ
01522 305727

Birchwood Medical Practice

Jasmin Road,
Lincoln LN6 0QQ
01522 699999

Boultham Park Medical Practice

Boultham Park Road,
Lincoln LN6 7SS
01522 874444

Richmond Medical Centre

Moor Lane,
Lincoln LN6 9AY
01522 500240

UPDATED ON 24/01/2024



Falls Prevention

Anyone can have a fall, but when you are older or you have a long-term health condition or disability you are more vulnerable and more likely to experience a fall. Falls are common and can be serious health issue but also most of them are preventable

Exercise regularly, waking is a exercise too

Remove clutter and cords from the floor

FALL PREVENTION

- Get your vision and hearing checked
- Self refer to wellbeing service call 01522 782140
- Review your medication with doctor or nurse
- Use non-slip Mats
- Wear well fitted shoes High-sided shoes with low heels, thin soles and good grip
- Make your house and items in the house Accessible
- Regular Maintenance of your equipment will keep you safe
- Improve your home lighting and introduce plug in sensor light night

All your local information about GP, Mental Health - online support, Men's Wellbeing Support, Women's Wellbeing Support, Night Light Cafés, Older People's Support, Befriending & Social Support, Carer Support, Physical Health Support, Drug & Alcohol Services, Housing, Dementia friendly communities, Long-term Health Conditions, Foodbanks and Bereavement Services you can access this local information through: [How Are You Lincolnshire | H.A.Y. Home \(haylincolnshire.co.uk\)](https://www.haylincolnshire.co.uk)

Easy balance exercises



To feel confident and in control, think and plan ahead by discussing your risk of falling with your well-being service, family members, nurse or doctor and consider if you need to install a personal alarm in the home. Its range includes fall detectors, GPS trackers and pendant/watch alarms connected to 24-hour monitoring and support. Your local council may run a telecare or personal alarm scheme. Visit www.gov.uk/apply-for-community-alarm to search by postcode to find out more

Make you own Fall Plan

Fall can happen anywhere so its good to have some kind of plan for every occasion, indoor or outdoor, kitchen, bathroom, living room as all of those spaces can expose different additional hazards. Preparation prevents panic and and make you more focus on helping yourself without further damage.

Strengths and flex video exercises



Did you ever ask yourself those questions:

- What would YOU do if you have a fall?
- Do YOU have anyone close by who could help you?

If you fall - do not panic. Stay calm, assess the situation and decide if you can safely get up on your own than call 111 for advice.

Lincolnshire created **new falls response service** to assist patients who have fallen at home to avoid acute service intervention. The response is operational; 7 days a week, 8am-8pm with referrals accepted up until 6pm. Referrals can be made by calling **0300 123 4868 (option 8)** by a patient and/or carer or any health care and social care professional. Referrals will also be directed through the LCHS Clinical Assessment Service **via calls made to 111.**

- I can get up on my own safely**
- I can't get up on my own safely**

1 step- Roll onto your side and push up on to you hands and knees, keep your head inline with your spine (keep your airways open)

2step- Try to use sturdy furniture to help yourself up - all the movements must be slow and controlled

3 step- Rest, as soon as you can always tell someone you have fallen see GP

1 step- Get someone attention by shouting , making loud noises, try to reach for a phone, crawl to the front door, or press your personal alarm-If possible, crawl to a telephone and dial 999 to ask for an ambulance.

2 step- Than regain your strength by resting and control your breathing

3 step- When help arrive tell someone you have fallen and see your GP or ask for ambulance

The aging process can lead to loss of muscle mass, decrease of the bone density, slowing our reflexes, reduce our ability to balance. Regular physical activity and movement can help counter this, as well as providing many more positives for general health and wellbeing. Please have a look at those basic movements created by CSP The Chartered Society of Physiotherapy (for more information please go to [csp_getupandgo_supplement_2016.pdf](https://www.csp-getupandgo-supplement_2016.pdf) or go to QR code to your right). If you feel more energetic and want to try something new or different there are other recommended activities like: walking, playing badminton, dancing, yoga, lifting weights, strength and balance exercise classes, tai chi classes or exercise-to-music classes like Zumba