

Can we help you?

Take a quick look at the checklist box below. See how many boxes you tick. Some of the things may not immediately suggest that you have a risk of falling but together they really can increase your risk.

It might be time to talk to Dudley Falls Prevention for advice and support.

- I've had a fall
- I struggle to take care of my feet**
- My GP hasn't reviewed my medication in the past year
- I have a long term condition such as heart disease, arthritis, Parkinson's, diabetes, COPD**
- I often need to get up in the night to use the loo
- I don't get out and about as much as I'd like because I worry about tripping and feel unsteady**
- I'm not as active as I should be (30 minutes of moderate activity is recommended five times a week)
- I probably don't drink enough fluids (3 pints a day for women, 3.5 pints a day for men)**
- My eyesight is not that good, I wear bi-focals or vari-focals
- I know that my home is not as safe for me as it once was** .
- I sometimes feel weak, light headed or dizzy when I get up from a chair or the bed
- I worry about pets and grandchildren running around, they make me feel wobbly**

Further information

For further information, contact us on **01384 814459**

Email us on fallspa@dudley.gov.uk

Write to us at **Dudley Falls Prevention, Brierley Health & Social Care Centre, Venture Way, Brierley Hill, DY5 1RU.**

Other organisations that might be able to help you:

Living well, feeling safe

Living well, feeling safe offers a range of safety, security, health and wellbeing services to support older people in their homes to keep independent, well, safe and secure. A free home assessment is on offer. The service can be contacted on **01384 817743**.

An online self-assessment tool is also available for people to find equipment and support to help them carry out their daily activities, visit www.lwfsonline.org.uk to find out more.

Dudley community information directory

Lots of information about support, health care services, activities and social clubs can be found in the Dudley community information directory. This easy to use directory is a searchable online directory which holds details of a huge range of services, groups, community and voluntary organisations, along with a 'what's on' section. Find the directory at www.dudleyci.co.uk

Let's get

Let's get is Dudley's healthy lifestyles website, with a wealth of information and advice on living a healthy lifestyle. There are also suggestions on opportunities for physical activity and exercise sessions in the borough's healthy hubs. Visit www.lets-get.com



Dudley Falls Prevention STANDING TOGETHER

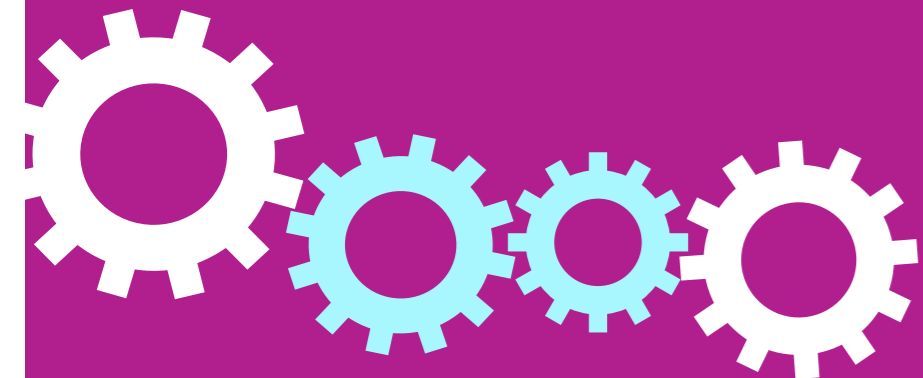
Helping you stay active,
prevent falls and
maintain your independence



Developed with the Dudley Group NHS Foundation Trust and Dudley Clinical Commissioning Group

What is Dudley Falls Prevention?

Dudley Falls Prevention is a partnership made up of Dudley Council's adult social care and public health services, Dudley Clinical Commissioning Group (CCG) and The Dudley Group NHS Foundation Trust. These organisations have joined together to form an integrated falls prevention service. This means we are all working together to provide a one stop shop for anything related to falls. We will help you to avoid falls, maintain your strength, balance and mobility, as well as support you to regain your mobility, confidence and independence if you have already taken a fall.



Who can use Dudley Falls Prevention?

Dudley Falls Prevention is for anyone aged over eighteen who is concerned about falling. Whether you are worried about your balance and stability and want to prevent a first fall or have fallen recently, help is on offer so that you can continue to live an independent, safe and active life.

Adults who live in Dudley borough or who are registered with a Dudley borough GP are eligible for the service. There is a single contact point (**01384 814459**) which takes all referrals - self - referrals from members of the public, from GPs and nurses, or from hospital. Here an individual assessment will take place - tailored to each individual's own needs and circumstances. A range of different services and solutions will then be offered.

How will we work together with you?

One of our friendly team will work with you to create an individual plan, based upon your own unique needs. This might involve a visit to your home, enrolment in a community based strength and balance exercise programme, an appointment at a specialist falls clinic, a review of your medications or an appointment with a specialist falls nurse. We can also help you find other helpful services that may improve your situation.

We will write to your GP to tell them about our plan.



What support is on offer to you?

Support on offer from us includes:

- Strength and balance exercise programmes, healthy lifestyle information and advice, exercise and fitness programmes at Healthy Hubs
- A community falls service where falls advisors will visit you at home and provide tailored advice and support
- Support from a specialist falls team made up of falls specialist nurses, physiotherapists, occupational therapists and specialist pharmacists.
- More in-depth support from a consultant led falls clinic

Key areas we might look at with you include things like:

- Improving your strength and balance
- Home adaptations, helpful gadgets and home safety
- Safe use of medicines
- Protecting your bones
- Staying fit and well through exercise
- Eating and drinking well
- Improving your confidence to get out and about

Remember

Keeping active helps you to stay independent.

Physical activity that includes both strength and balance components helps reduce your risk of falling.