

10 tips to help prevent falls

- 1) Ask your GP to review your medications and ask about the side effects.
- 2) Have your eyesight checked once a year.
- 3) Wear your pendant alarm; consider purchasing one if you do not have one.
- 4) Increase your calcium and vitamin D intake (from dairy produce, bony tinned fish, and sunlight).
- 5) If you have a fall do not ignore it, let your GP know.
- 6) Put handrails on the stairs, doorways, corridors, and in your bathroom.
- 7) Ensure your home is well lit especially on the stairs and landings, turn on a light when getting out of bed at night.
- 8) If possible keep items in easy reach to avoid climbing, bending stretching.
- 9) Ensure your shoes and slippers fit well and have your toe nails cut regularly.
- 10) Keep active

Concerns and Complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the Falls Team or contact the PALS & Complaints Team on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ನಿ ನಮನೆ ಆಗಿ ಮಾತಿನಿ ಪಿಂಚು ಉಪಯೋಗಿಸಿ ಅಥವಾ ಪಿಂಚು ಸಾಧನಗಳಲ್ಲಿ ಸಹಾಯ, ತೊ ಕೃಪಾ ಕವನಿ ಅಮನೆ ಪುಣ್ಣಿ

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए तो कृपया हम से संपर्क

若您需要本信息的另一种语言或格式的版本, 请与我们联系

ನೇವರ ತುರ್ತು ಸಿಬ್ಬೆ ನಾಡವಾಳಿ ತಿಮ್ಮಿ ತುಮ್ಮಿ ತಮ್ಮಾ ನಾ ಸರಣಿ ಸಿಬ್ಬೆ ನಾಡವಾಳಿ ತಿಮ್ಮಿ ತಾ ತಿಮ್ಮಿ ತವ ತಿ ಸರ್ಕು ತುಮ್ಮಿ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہمیں سے پوچھیں۔۔۔

Contact Us

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Oxford Health **NHS**

NHS Foundation Trust



Community

Falls Prevention

Oxfordshire Falls Prevention Service

Our service

The falls specialist will talk to you about your falls and bone health. They will look at your medications so please remember to bring along a current list.

You will have a basic physical examination please allow 1-1 1/2 hours, as the specialist needs to gain a good understanding of your falls.

What will happen?

- A falls specialist is a qualified health professional (nurse or therapist) that has undertaken specific training in the diagnosis and management of falls.
- The falls specialist will carry out a falls risk assessment, an osteoporosis assessment and a medication review. Please remember to bring along all of your current medications for the specialist to review.
- Our assessment will involve you answering a few questions and will include a basic physical examination. Please allow up to 1 1/2 hours for your appointment. In this time, the specialist will gain a good understanding of your fall.
- The falls specialist will be able to give you advice on why you may have fallen and how to reduce the risk of further falls.

After the assessment

Following your assessment, the falls specialist will write a report that will be sent to you (if requested) and to your GP. The specialist may suggest that you are referred to another service, if they identify a specific problem.

If you fall again before your appointment with the falls specialist, please contact your GP immediately. Do not wait until your appointment with the falls specialist.

For further information or advice, please telephone the Falls Office on 01865 425140.

What to do if you fall

STOP - THINK - PLAN ATTRACT HELP!

Use your care alarm-pendant or try to

CRAWL

to a telephone or bang on the floor or shout to draw attention. Try to get up.

KEEP WARM

Cover yourself with anything to hand such as a towel, a rug, a blanket.

KEEP MOVING

Move the parts of your body that don't hurt to stop pressure on the bony parts.

The Patient Advice and Liaison Service (PALS)

PALS will provide advice and support to patients, their families and carers. It also provides on the spot help to sort out any problems or concerns you may have. You can contact PALS free on 0800 052 6088.