

Falls

Local Community Support

Introduction

This leaflet has been produced in conjunction with NHS Forth Valley's **Community Falls Management & Prevention** webpage. It is intended to provide information on what local support is available to the community in relation to falls prevention. For more general information regarding falls, please read the '**Up & About Booklet**' or visit **NHS Inform**.

How is your walking?

Keeping active and mobilising safely is key to reducing the risk of falling. Completing tasks at home such as cleaning, gardening, cooking and dressing can help keep you physically active and challenge your balance.

Remember to always use your walking aid and make sure the rubber bottoms are in good condition. If you require to replace them then please contact the physiotherapist at your local GP Practice or if you are unable to get out - contact the ReACH team.

Are you exercising?

You can access exercises via NHS Forth Valley's 'Strength & Balance' webpage. There are also a number of instructor led exercise classes in the community. To find out more please visit the webpage for details of the classes or call below:

Clacks:	01259 - 452334 or 450000
Active Forth Falkirk:	01324 - 506850
Active Stirling:	01786 - 273555
Aberfoyle/Killin/Arrochar/Callander:	07784240270

MECS

In the event of a fall, you may require assistance to return to your feet. Some people find Telecare/MECS beneficial to provide additional support in the event of a fall. You can self-refer for pendant alarms by contacting the

following numbers:	Falkirk MECS	01324 - 506520
	Stirling MECS	01786 - 470500
	Clacks MECS	01259 - 226833

Are you worried about medications?

Some medications can increase your risk of falling. Please contact your local Pharmacist or GP for support if you are concerned about the medicines you are taking.

Make sure medicines are taken correctly and if you have trouble with opening your tablets or remembering to take them, please discuss with your health providers.

How is your vision and hearing?

It is important to get your eyesight and hearing checked regularly to promote good balance and helps recognise hazards.

Visit the Audiology webpage for details on support clinics or call
01786 - 434171

Visit your local Opticians for a free eye test (once every two years). Check out the Forth Valley - Ophthalmology webpage to find your nearest optician.

Are you eating and drinking well?

It is essential that we eat well and drink plenty of water to ensure we maintain healthy bones and sufficient energy to be active throughout the day.

If you have trouble preparing meals or accessing shopping due to mobility and health reasons, discuss this with your GP who maybe able to refer you to social work for additional support. You can also self-refer to the following services:

The Food Train	Falkirk	01324 - 374144
	Clacks & Stirling	01786 - 450536

Living Well Falkirk <https://livingwellfalkirk.lifecurve.uk>

Your home environment

As we get older, sometimes we need to adapt our home environment to suit our care needs. This can be through simple things such as lifting rugs and ensuring good lighting throughout the home. NHS inform Preventing Falls website has useful suggestions of what you can do at home. However, you may need extra aids and supports, such as grab-rails, toilet equipment or raised seating, to enable you to live a more independent life at home.

To access assessment for equipment the following contacts may be useful:

Falkirk Social Care 01324 - 506070
Stirling Social Care 01786 - 404040
Clacks Social Care 01259 - 450000
Living Well Falkirk <https://livingwellfalkirk.lifecurve.uk>

Are you taking care of your feet?

Having poor foot care may mean people are less able to maintain balance and mobility which can increase the risk of having a fall. Ensuring good care, and wearing appropriate footwear, promotes comfortable feet which can make walking easier.

Braveheart Top Toes clinics run throughout Falkirk, Clackmannanshire and Stirling where trained volunteers can help cut your toe nails. Contact 01324 - 633505 for details.

If you have more complex issues with your feet, ask your GP for advice and discuss a referral to podiatry.

Home falls assessment

If you feel you require professional support for concerns about falls you can either contact your local GP or self-refer to the ReACH team who can provide a Falls Assessment to help identify ways of reducing your risk of falling. Self-refer via the Single Point of Referral on 01324 - 673733.

Webpage

Further details of this information is available via our webpage.

You can visit by scanning the QR code below or go to:

<https://nhsforthvalley.com/health-services/az-of-services/falls-management-prevention/>

5 Exercises to get you started

Safety Checklist

Use something sturdy to hold onto if required. If you experience chest pain, severe shortness of breath or dizziness **STOP** immediately and contact your GP or dial 111 if out-of-hours.

One

- Stand tall while holding onto the back of a chair or counter-top.
- Slowly lift leg out to side while pointing toes forward.
- Gently lower foot back down to ground.

Two

- Stand next to a counter-top or back of a chair and hold for balance.
- Take small steps walking heel to toe.
- Make sure to look up at whilst you are walking and do not rush.
- If you can loosen your grip on the support, then do so.

Three

- Use the counter-top or back of a chair for balance.
- Lift one heel up behind you and try to balance for the count of 10.
- Repeat with other leg.
- If you find this too easy, then loosen your grip or hold on with just one hand.

Four

- Use the counter-top or back of a chair for balance.
- Lift your weight from both feet onto your toes.
- Return your heels to the ground.

Five

- From a sitting position, stand up as tall as you can.
- Shuffle forward towards the edge of your seat.
- Feet flat on the ground.
- Slowly sit down then repeat.

Accessibility

NHS Forth Valley is happy to consider requests for publications in other language or formats such as large print. Please contact the disability department via:

Phone: 01324 - 590886
Text: 07990 690605
Fax: 01324 - 590867
Email: fv.disabilitydepartment@nhs.scot

Comments, compliments and complaints

For any comments regarding this resource, please feel free to contact our Patient Relations Service via:

NHS Forth Valley Patient Relations
Forth Valley Royal Hospital
Stirling Road
Larbert
FK5 4WR

Phone: 01324 - 566660
Email: fv.complaints@nhs.scot