

Don't Let Falls Get You Down

Anyone can fall, but older people may be more vulnerable than others as long-term health conditions can increase the chances of someone falling.



Falls Questionnaire

Answer yes or no to the questions below to see if you could be more susceptible to falling.

If you have had 2 or more falls in the last 12 months or if you have answered yes to 3 of the questions below, seek advice from your GP practice.

If you answered yes to fewer than 2 of the questions, take action now to keep yourself steady and prevent falling in the future.

Question	Yes/No
Have you fallen in the last year?	
Are you taking 4 or more medicines?	
Have you had a stroke or been diagnosed with Parkinson's disease?	
Have you had any problems with your balance or walking?	
Do you have difficulty getting up from a chair?	



How to keep yourself safe and well at home

Check your home for hazards and take action to keep you safe

- Hard to reach items
- Wet surfaces
- Poor lighting
- Clutter and trip hazards
- Poorly placed furniture
- Stairs – loose or worn carpets/broken or missing hand rails
- Loose rugs or mats (especially on a slippery floor)

Keep active

- It strengthens muscles, keeps joints supple, improves balance and feeling wellbeing.
- Pick up a copy of the exercises for strength guide for simple daily exercises to help with your balance and co-ordination.

Eat healthily

- Consume the recommended daily allowance of vitamins and minerals (especially vitamin D and iron)
- Starchy food like potatoes, pasta and wholemeal bread to maintain energy and protein such as meat, fish, eggs, beans and pulses to maintain muscle

Stay hydrated

- It reduces falls and urinary tract infections, improves the effectiveness of medication and brain function

Alcohol increases the risk of falling

- Avoid alcohol or reduce the amount you drink

Maintaining eye health

- If you are over the age of 60 you are entitled to a free annual review

Choose good footwear

- Make sure you have well fitting slippers and shoes with adequate grip

If you have concerns about your hearing

- Seek advice from your GP

Sleep well

- Aim to get 7-8 hours of sleep a night
- Sleep at regular times
- Make your bedroom sleep friendly
- Make sure you wind down



For more information on preventing falls visit

Hampshire Fire and Rescue Service Safe and Well Visits

If you would like some home safety advice, please call our community safety team on:

- Weekdays 9am - 5pm - 023 8062 6751
- <https://www.hantsfire.gov.uk/keeping-safe/loveyourhome/safeandwell/>

Social Prescribing

Social prescribing is about giving you access to activities, social groups, services and advice based on your needs and interests. If you want more information about social prescribing and how it is being offered at your local surgery, or please get in touch with the team:

- 01252 761022
- SocialPrescribingNEHF@family-action.org.uk
- <https://www.family-action.org.uk/social-prescribing-nehf>

For more information about accessing Council services:

Hampshire County Council

- <https://www.hants.gov.uk/fallsprevention>
- Monday to Thursday 8.30am to 5pm or Friday 8.30am to 4.30pm - 0300 5551386
- Out of hours - 0300 555 1373

Surrey County Council

- <https://www.surreycc.gov.uk/social-care-and-health/adults>
- Monday to Friday, 9am to 5pm - 0300 200 1005
- Out of hours Emergency - 01483 517898

Waverly District Council

- https://www.waverley.gov.uk/info/200091/older_people
- Mondays - Thursdays 8.45am-5.15pm and Fridays 8.45am-4.45pm - 01483 523333
- Out of Hours Emergency - 01483523200

Community Alarms & Telecare Hampshire

For anyone who wishes to rent care technology for within their own homes whilst providing reassurance and support 24/7:

- Hampshire - 01962 670721 - <https://argenti.co.uk/hampshire/>
- Farnham - 01483 523535 - www.waverley.gov.uk/carelinereferral

Community Transport

Rushmoor Dial-a-Ride and

Fleet Link

01252 298451

<https://www.rvs.org.uk/transport/dial-a-ride/>

Community Transport - Farnham

01428 681701

<http://www.hoppa.org.uk/>

Useful information

Information on falls prevention

<https://www.frimleyhealthandcare.org.uk/our-work/helping-you-to-stay-well/keeping-safe-and-well-in-older-age/>

Helpline for elderly – 24 hours a day, 7 days a week

The Silver Line is the UK's only free, confidential, 24-hour helpline for older people, always open when other services are closed:

- 0800 4 70 80 90
- www.thesilverline.org.uk/who-we-are/



North East Hampshire and Farnham
Clinical Commissioning Group



Hampshire
County Council