

## 10 tips to help prevent falls

1. Ask your GP to review your medications and ask about their side effects.
2. Have your eyesight checked once a year.
3. Wear your pendant alarm or 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 and 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 team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Please contact us if you would like the information in another language or different format.

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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Falls prevention

Oxfordshire  
Falls Prevention  
Service

## Falls prevention 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 which may last up to one-and-a-half hours so that the specialist can gain a good understanding of your falls.

## What will happen?

The **falls specialist** is a qualified health professional (nurse or therapist) who 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.
- ask you a few questions and conduct a basic physical examination. You can bring along a family member or friend to accompany you.

- 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 the 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 contact the falls office by:

Phone: 01865 903400

Email: [oxon.falls@nhs.net](mailto:oxon.falls@nhs.net)

Fax: 01865 262320

## What to do if you fall

**Stop, think, plan and attract help.** Use your care alarm pendant (this only works if worn) or crawl to a telephone or bang on the floor or shout. Try to get up if you can.

**Keep warm.** Cover yourself with anything to hand, for example a towel, rug, or blanket.

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