

## 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.

## 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.

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

जे नमने आ माडिरी पीछे भाषामां अथवा पीछे आकारमां अछि, तो कृपया हमसे पूछी

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

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

नेबर बुलातुं छिउ नाहलबी विमी बुनी बामा नं मल्ल बिंस चोरीसी वेहे उं विवधु अव वे मनुं पुडै

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

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Falls prevention

Information  
about your falls  
specialist  
assessment

## What is the Oxfordshire Falls Prevention Service?

The Oxfordshire Falls Prevention Service provides programmes to help reduce the risk of you falling again.

If you are an older person and have fallen once, unfortunately you are more likely to fall again.

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

- give you advice on why you may have fallen and how to reduce the risk of further falls.
- carry out a falls risk assessment and a medication review. Please ensure that you bring along a list of your current medications for the specialist to see. Please do not apply cream before the assessment.

- ask you a few questions and conduct a basic physical examination. Please allow up to one-and-a-half hours as the specialist needs to gain a good understanding of your falls. You can bring along a family member or friend to accompany you.
- write a report following the assessment that will be sent to you if requested and to your GP.
- suggest, if relevant, that you are referred on to another service if a specific problem is identified.

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

For further information or advice please contact the falls office by calling: 01865 903400.

## 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.