



Falls Prevention

# Oxfordshire Falls Prevention Service

Falls are not just the result of getting older and many falls can be prevented.

Oxfordshire Falls Prevention Service offers support and advice to help people avoid falls and regain confidence if they have experienced a fall.

### What is the Falls Prevention Service?

- Our falls specialists are qualified health professionals (Nurse or Therapist) who have undertaken specific training in the diagnosis and management of falls. A fall is an unintentional coming to rest on the floor or a surface lower than the start position with or without injury. (WHO, 2007)
- We can provide information over the phone and if needed offer you an appointment for further assessment. This appointment will involve gathering a detailed falls and medical history, and discuss how you are managing everyday activities.
- We carry out a range of investigations which could include blood tests, blood pressure, bone health, strength and balance and ECG's.
- We will aim to discover the reasons for your falls and make recommendations to reduce your risk of falling and injury in the future. This may include advice to your GP, advice on lifestyle changes, or referral to other services as necessary .

## 10 Top tips to help prevent falls and keep you safe

1. Keep active and avoid sitting for long periods. If you lack confidence try a walking aid.
2. If you have a fall, do not ignore it – tell someone (GP/ family).
3. Ask your GP to review your medications and ask about their side effects.
4. Have your eyesight checked once a year. Be aware multifocal glasses can affect your depth perception.
5. Increase your calcium and vitamin D intake (from dairy produce, bony tinned fish and sunlight).
6. Consider handrails on the stairs, steps, doorways and in the 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. Wear your pendant alarm or keep a mobile phone with you.

## What to do if you fall

**STOP, THINK, PLAN AND ATTRACT HELP.** Use your pendant alarm or mobile phone or crawl to a telephone, bang on the floor or shout. Try to get up if you can.

**KEEP WARM.** Cover yourself with anything to hand, i.e a towel, rug, or blanket.

**KEEP MOVING.** Move the parts of your body that don't hurt to prevent pressure building up on the bony parts.

**For further information or advice please contact the falls office by:**

Phone: 01865 903400

Email: [falls@oxfordhealth.nhs.uk](mailto:falls@oxfordhealth.nhs.uk)

## Obtaining equipment

Adult Social Care 0345 0507666 would offer an assessment of your needs. Has information about pendant alarms.

[www.oxfordshire.gov.uk/cms/public-site/adult-social-care](http://www.oxfordshire.gov.uk/cms/public-site/adult-social-care)

If you wish to purchase privately Guideposts/Mi-Life can be contacted for advice before buying on 0300 222 5709.

Oxfordshire County Council offer equipment if you have difficulties around the home.

[www.oxfordshire.gov.uk/directaccesstoequipment](http://www.oxfordshire.gov.uk/directaccesstoequipment)

Red Cross Abingdon 01235 552 664.

There are also centres in Banbury, Bicester and Goring.

## Exercise

[www.generationgames.org.uk](http://www.generationgames.org.uk) for exercise classes available locally to you

[www.getoxfordshireactive.org](http://www.getoxfordshireactive.org) Go Active offer a selection of exercise classes in your area

## Home Support Options

Age UK Oxfordshire are an excellent source of free and independent advice about a range of topics including pendant alarms, home support options and toe nail clipping, and local support groups in your local area 0333 577 1044

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)

If you aren't already in receipt of Attendance Allowance you can apply for help with your care needs. You can telephone 0800 731 0122 for an application form or apply online at [www.gov.uk/attendance-allowance](http://www.gov.uk/attendance-allowance)

[www.carersoxfordshire.org.uk/cms](http://www.carersoxfordshire.org.uk/cms) Carers Oxfordshire or telephone 0345 050 7666

## Transport

Oxfordshire County Council

[www.oxfordshire.gov.uk/comet](http://www.oxfordshire.gov.uk/comet)

01865 323201

Please note this list is not comprehensive and may be subject to change.  
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## Notes

### 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 would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

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

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali**

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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