

Your step-by-step guide to staying independent and preventing falls -WEB Version

No	Question	✓	If 'yes'-
Red flag	Have you had any unexplained falls? For example at the time of your fall did you: <ul style="list-style-type: none"> •Feel dizzy? •Lose consciousness or blackout? •Have palpitations? •Or, just found yourself on the floor and didn't know why? 		Talk to your GP about dizziness/light-headedness, blackouts or palpitations. Call/make an appointment as soon as possible
1	Have you fallen more than twice in the last 6 months?		Talk to your GP, practice nurse or other Health & Social Care Professional about fall and how it has affected you, as a healthier lifestyle reduces your risk of falls.
2	Are you taking more than 4 regular medicines? This includes over the counter ones.		Have your medicine reviewed every year by GP. Ask your <u>pharmacist</u> about a medicine use review. Some medicines affect your balance.
3	Do you have an illness like Parkinson's, MS or a Stroke that has left you with poor movement?		Talk to your GP or healthcare team about changes in your condition such as a worsening of your balance, more difficulty moving or loss of strength. Physiotherapy or exercise may help you to deal with the way you move around.
4	Are you unsteady on your feet or have concerns about your balance?		Talk to your GP, practice nurse or other Health & Social Care Professional about your balance. Physiotherapy, exercise or a medication review may help you improve this.
5	Have you broken any bones after the age of 50 & not had a recent bone health check?		Talk to your GP or practice nurse about a further assessment of bone health. You can learn more about bone health <u>here</u> .
6	Do you feel dizzy or light-headed at times? For example when you move from lying to sitting or when you stand up.		Talk to your GP, practice nurse or other Health & Social Care Professional as you may have a treatable medical condition.
7	Are you unable to get up from a dining room style chair, without using your arms?		Consider exercise to improve your <u>strength and balance</u> or contact <u>Herts Help</u> on 0300 123 4044 for advice on <u>local exercise classes</u> , including Postural Stability classes.
8	Do you drink more than the recommended limit (14 units a week over 3 days or more)? Do you use alcohol to help you sleep or control pain?		Alcohol can increase your risk of falls. Reducing your alcohol intake can help, you can find more information at your GP surgery or <u>online</u> . If you would like more support, speak to one of the Herts Help team on 0300 123 4044 who will be able to put in you touch with a local service that can support
9	Do you get about less than you would like because you are worried about slipping, tripping or falling?		Talk to your Health & Social Care Professional, practice nurse or GP Practice about your concerns. You can learn more about how to manage this in the Getup and

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		Go leaflet; you can find this online or ask a Health & Social Care Professional for a paper copy.
10	Do you find it hard to be regularly active? The recommendation is 30 minutes, 5 times a week e.g. gardening, vigorous housework, cycling and daily walks.	Exercise improves your health and wellbeing. Contact Herts Help on 0300 123 4044 for advice on local exercise classes , including Postural Stability classes. Experts also recommend twice weekly muscle strengthening exercises for the over 65s
11	Has your eyesight got worse in the last year? Have you had your eyes tested in the last 24 months?	Have your eyes tested by your optician ? Multifocal glasses can contribute to difficulty walking on stairs. Clean your glasses daily.
12	Do you have any problems with your bladder or bowel? For example, do you need to get up in the night to go to the loo?	Discuss this with any Health and Social Care Professional you work with as they will be able to refer you to The Adult Bladder and Bowel Care Service . They may be able to help
13	Does your home have trip hazards, for example; loose mats or cluttered walkways or poorly lit stairs?	Help is available to check how safe your home is, contact Herts Help who can set up a home assessment by the Fire Brigade or an assessment for equipment (e.g. Grab rails) or advice on clutter ⁱ
14	Do you struggle to drink six to eight cups of fluid each day, which includes water, fruit juice, tea and coffee and milky drinks (Does not include alcohol)?*	Dehydration has been shown to increase the risk of falls, so it is important to stay hydrated. A guide to keeping hydrated (including a urine color chart) is available here .
15	Do you wear loose or poorly fitting shoes or slippers?	Buy the correct size shoes and slippers with a good fit around the heel.
16	Do you have difficulty taking care of your feet?	You may need to see a chiropodist/podiatrist for more specialized help with foot problems .
17	Do you know what to do if you had a fall?	You can learn more about how to manage a fall if you have one by reading the Get Up and Go leaflet, you can find this online or ask a Health & Social Care Professional for a paper copy. Also consider contacting Herts Help who can advise you , for example getting a personal alarm
*Unless you are on a fluid restriction as advised by your healthcare professional		
For tips and details on how you can prevent falls, please read the Getup and Go leaflet, you can find this online or ask a Health & Social Care Professional for a paper copy		

ⁱ Currently not in please due to work to rule although 3/5s will have a basic ax., may change soon – if not we can link to basic info