

## What happens when you call?

The therapist will talk to you about your health and risk of falling. If needed a falls clinic appointment or home visit will be offered.

## Who is a falls therapist?

A falls therapist may be a nurse, physiotherapist or occupational therapist, or a trained adviser.

## Why should you call?

Assessment and advice by a falls therapist can reduce your chance of a fall and the problems that can follow such as fear of falling, broken bones and loss of mobility.

## Who will know about my care?

With your consent your GP will be informed of your assessment and ongoing advice.

**This information is available in other formats and languages including large print, braille and audio.**

Please contact: [walc@nhs.net](mailto:walc@nhs.net) or **01252 335154**.



## Walk And Live Confidently

**Falls are the main reason why older people lose their independence...  
...are you at risk?**

**Frimley System Falls and Falls Prevention Project**  
Supported by North East Hampshire & Farnham CCG,  
Bracknell & Ascot CCG and Surrey Heath CCG working  
with partner agencies.



## Falls Risk Questionnaire

If you have had 2 or more falls in the last 12 months  
**OR**  
If you have 3 out of the 5 criteria below then refer to the falls service

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

## How to Refer yourself to the Falls Service?

Simply call:

**0845 241 7201**

When we answer your call we take some basic details and arrange for one of our experienced therapists to call you back at a mutually agreeable time.

## How to keep yourself safe

### 1. Check your home for hazards

- 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).

### 2. Exercise regularly

- It strengthens muscles, keeps joints supple and improves balance.

### 3. Eat healthily

- Consume the recommended daily allowance of vitamins and minerals (especially vitamin D and iron)
- Starchy food to maintain adequate energy intake and protein to maintain muscles.

### 4. Alcohol increases the risk of falling – best avoided.

### 5. Stay hydrated

- 8 drinks a day is the recommended intake. It reduces falls and urinary tract infections. It improves the effectiveness of medication and brain function.

### 6. Get your eyes tested – you are entitled to a free annual review if over the age of 60.

### 7. Look after your feet – make sure you have well fitted footwear with adequate grip.

### 8. If you have concerns about your hearing – then have it checked.

