What If I Fall?

Learning how to manage a fall can improve your confidence and quality of life.

1. **Stay calm and assess for injuries**
2. **Call for help if needed**: Use a personal alarm or phone to call for help
3. **Get up safely**: If no injury and you are able, roll onto your side, push up to your hands and knees, use furniture for support if safe
4. **Be cautious**: Avoid pulling on things that could be hot or come away

In an emergency: Call for an ambulance on 999

Useful Contacts

- Age UK Bedfordshire 01234 360510
- Be Active www.beactivebeds.co.uk
- NHS Live Well www.nhs.uk/live-well/exercise/
- Footwear Guide www.healthy-footwear-guide.com
- Stop Smoking www.smokefreebedfordshire.co.uk
- Life line lifeline@centralbedfordshire.gove.uk

Contact us
Single Point of Access (SPoA)
Address

Tel: 0345 602 4064

Email: singlepoint.ofcontact@nhs.net

Web: elft.nhs.uk

The ELFT Promise

We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

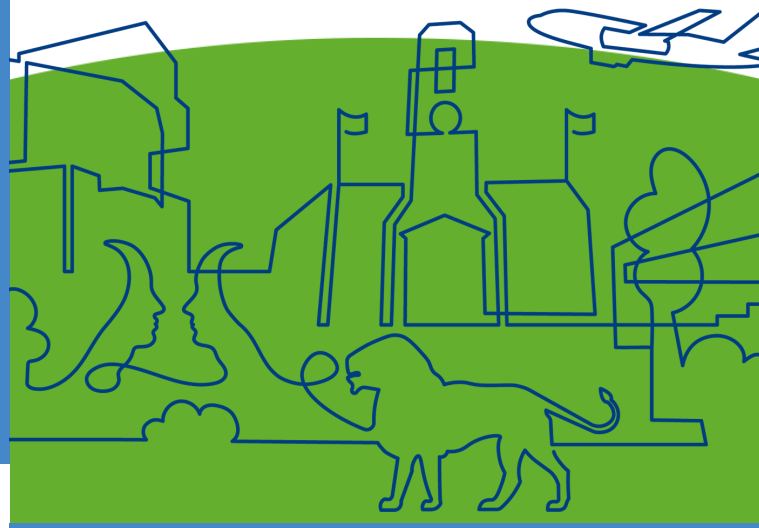
We care . We respect . We are inclusive

Bedfordshire Community Health Services

BEDFORDSHIRE

Stay Steady, Stay Safe

Therapy Falls Service



Ask about the #ELFTPromise

We care
We respect
We are inclusive

NHS
East London
NHS Foundation Trust

Why Falls Matter

Falls can happen to anyone, but they are not an inevitable part of aging. Many falls are preventable with a few simple steps you can stay steady, stay safe.

A person's risk of having a fall depends on their individual risk factors such as increasing age or taking certain medications. Some risk factors can be modified through undertaking appropriate exercise interventions or having a medication review. Taking action can help you stay safe and confident.

Why were you referred?

You've either had a fall/s or are at risk of doing. The Therapy Falls Service (FRS) is here to support you with identifying potential causes of your falls, whether it be physical or environmental.

What happens now?

- You will have already been triaged to assure you are appropriate for the service.
- Today you will have a multifactorial assessment which will help identify, with you, your abilities as well as your needs. It is a long assessment but stick with it.
- Only with your agreement, a plan will now be made as to what happens next. It could include any of the following:
- 1:1 therapy input for up to another 2 visits. You will have homework to complete in between the visits.
- Equipment Provision to support your safety at home.
- Education regarding topics that could be attributing to your falls.
- Invite to attend an 8-week Level 2 Strength & Balance Class, facilitated by the Therapy Falls Service.
- Referral onto Central Bedfordshire's Active Lifestyles Level 1, 12-week Strength & Balance class.
- A Multidisciplinary discussion of your health with the Frailty Consultants based within the Bedfordshire Hospitals.
- A referral to your GP regarding specific concerns.
- A 12-week review.

What will we ask of you?

- For you to take on board the advice given.
- For you to complete your exercise homework, this will only benefit you.
- For service feedback.