

What to do now

Please complete this tear off slip and either send or hand it in to your GP surgery.

Approximate date of most recent fall:

Time of fall: am/pm

Name:

Address:

DOB:

Torbay residents please record falls on the falls register on

01803 219700

For GP surgery use only

Please read code 16D for falls
If the answer is 'YES' to 3 or more questions on the screening tool your patient is at high risk of future falls and may benefit from further assessment. For those at low risk <3 please advise accordingly.

There is a falls care pathway for advice and interventions on the map of medicine.

Help and Advice

NHS Direct: 0845 4647

Age UK : 020 7278 1114

Website: www.ageuk.org.uk

Torbay and South Devon NHS Trust:

www.tsdhc.nhs.uk

What to do if you fall

- Try not to panic
- Get help if you can
- Try to attract attention (bang on the wall, use a personal alarm if you have one)
- If you are not hurt, try to get up, rest and then report your fall to your doctor
- If you are hurt and can't get up, keep yourself warm (cover yourself with anything you can find.) Keep tensing your arm & leg muscles, try to crawl to a warmer place and raise the alarm.

This document can be made available in other languages and formats. For more information telephone
01803 219745

Ref: Falls prevention community 004-Jan 2016



Partners in Care

Having Falls?

How can we help you?



For general queries about any Torbay and South Devon NHS Foundation Trust service:

Tel: 01803 219700

Email: customerservices.tsdhct@nhs.net

Right Care, Right Place, Right Time

Falls

- Falls can lead to injury, reduced quality of life, reduced mobility and loss of independence. People who have already had a fall are more likely to fall in the future
- It is important to tell your doctor if you start to experience falls or feel unsteady, even if you feel well otherwise.
- There are ways to reduce the risk of future falls and regain the confidence you need to enjoy your daily life.
- Telling us about your falls will ensure you get the help you need to reduce your risk of falls.

Tell your doctor about your fall

Many falls are avoidable and there are some simple steps to take to stop them. Talk to your GP about your fall.

Your GP surgery will review the information and decide, if necessary, how best to help you.

This help may be provided either by your surgery or your local Care Trust who have staff trained in falls prevention.

You may, therefore, be contacted by your GP surgery or Care Trust Team, to arrange further assessments or investigations.

(If you prefer for this not to happen please inform your surgery)

There is further advice on falls prevention on the Trust's website www.tsdhc.nhs.uk

Falls Screening Tool

Please answer the following 5 questions:

Have you had a fall in the last year?

YES ☐ NO ☐

If yes, how many falls have you had in the last 12 months?

Are you taking 4 or more types of medication per day?

YES ☐ NO ☐

Have you had a stroke or suffer from Parkinson's Disease?

YES ☐ NO ☐

Do you have any problems with your balance?

YES ☐ NO ☐

Are you UNABLE to rise from a dining chair without using your arms to help you stand up?

YES ☐ NO ☐