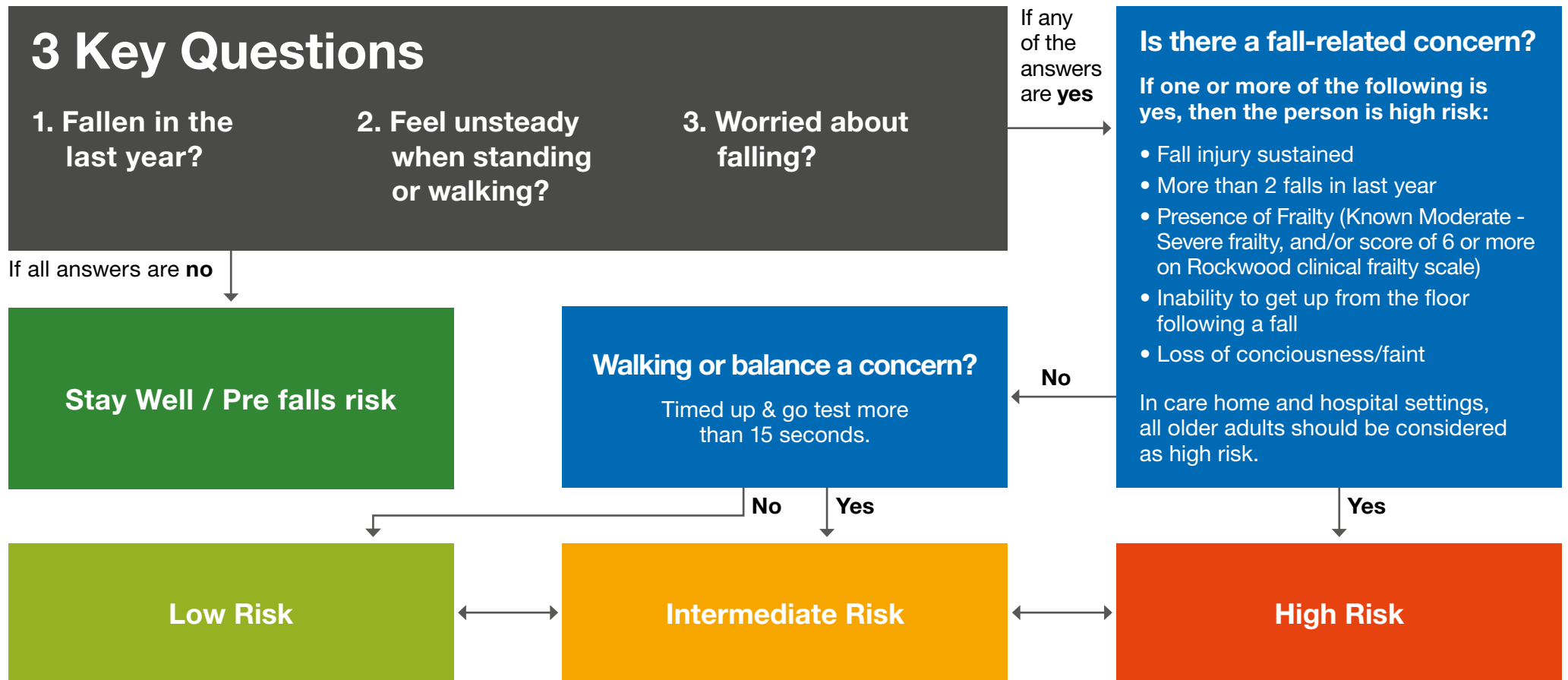


Derby & Derbyshire 'Ask, Assess, Act'

Falls Prevention approach in Community

Identifies Self | Opportunistic or Proactive Contact with an individual | Contact with an individual who has experienced a fall



ASK? ASSESS ASSESS ACT

<https://joinedupcarederbyshire.co.uk/stay-well/falls-prevention/>



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Stay Well Pre falls risk

People who have not fallen, but awareness and lifestyle changes could support risk reduction e.g.

- Increasing activity levels
- Increasing social connections
- Improving mental wellbeing
- Awareness of own individual risk

Impactful interventions

Focus on self care:

- Encourage people to be active every day to strengthen their major muscles.
- Connect individuals to community activities that improve health and well-being.
- The NHS Health Check, available every five years for those aged 40 to 74, helps find health risks and offers guidance and medical support.
- Learning Disability Health Check.
- NHS Better Health offers online wellness advice.

Ageing Well Low falls risk

People who have a fall related concern/risk present/voiced

Impactful interventions

Focus on Independence and Physical Activity:

- Encourage individuals to stay active and minimise sedentary time according to their preferences.
- Promote risk reduction by wearing proper footwear, having regular sight and hearing checks, reviewing medications, and adopting healthy lifestyle habits.
- Assistive Technology: Consider digital technologies, such as community alarms and telecare.

Intermediate falls risk

People who have:-

- Had a single fall
- Presence of fall related concerns voiced/present
- Slower walking speed (more than 15s Timed Up & Go Test)
- Clinical Frailty score of 3 or above (mild frailty)

Impactful interventions

Focus on Addressing the First Fall to Prevent a Second:

- Prioritise muscle strength, balance, and flexibility exercises at least twice a week.
- Support access to structured exercise programs that include falls recovery education.
- Promote risk reduction by staying active, wearing proper footwear, having regular sight, and hearing checks, reviewing medications, assistive technology and adopting healthy lifestyle habits.

High falls risk

People who have or are:-

- Recurrent falls in a year
- Care home resident
- Clinical frailty score above 6 or known mod-severe frailty
- Specific fall related concerns identified

Impactful interventions

Focus on a comprehensive falls or geriatric assessment to identify an individual's fall history and risk factors.

This will require multidisciplinary input and care coordination.

Develop a personalised care plan based on the individual's priorities.



Linked resources

For linked resources on the four risk categories scan the QR or visit:
<https://joinedupcarederbyshire.co.uk/stay-well/falls-prevention/>



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