

REMEMBER, REMEMBER... DON'T FALL IN NOVEMBER ...

FALLS LEAFLET



- THIS FALLS RISK ASSESSMENT TOOL IS DESIGNED TO FIND OUT IF YOU HAVE A HIGH CHANCE OF FALLING.
- PLEASE COMPLETE THIS FORM IF YOU HAVE HAD A FALL OR ARE WORRIED ABOUT FALLING.
- PLEASE FILL THIS IN WITH A CARER, FRIEND OR FAMILY MEMBER IF NEEDED.

Please fill in your name:

	SCORE 1 FOR EVERY YES AND TOTAL AT THE BOTTOM OF THE TWO COLUMNS	<u>YES</u>	<u>NO</u>
1.	Have you had a fall in the previous year?		
2.	Do you take four or more medications per day?		
3.	Have you ever had a stroke or do you have Parkinson's Disease?		
4.	Do you have any problems with your balance?		
5.	Do you need to use your arms to rise from a chair of knee height?		

#HERTSMERE UNITED

WHAT NEXT?

If you scored less than 3 then you are not currently considered to be at a high risk falling

If you **scored 3 or more**, are worried about falling, or have problems with your balance then you may be at high risk of falling.

Do the following to look after yourself:

TOP 5 ACTIONS YOU CAN TAKE TO REDUCE YOUR CHANCES OF FALLING:	
ACTIONS	HOW TO ARRANGE
1. Contact Your HERTSMERE COMMUNITY NAVIGATOR and FALLS CO-ORDINATOR	through the Herts Help advice line on: 0300 123 4044. - through the Health in Herts Website: https://www.hertfordshire.gov.uk/services/adult-social-services/care-and-carers/equipment-and-care-in-your-home/ageing-well.aspx - through your GP surgery
2. Have a SAFE AND WELL ASSESSMENT by the Fire and Rescue Service to identify any falls and safety hazards in your own home. 	Book a visit online: https://www.hertfordshire.gov.uk/services/fire-and-rescue/request-a-visit-from-the-fire-service/home-fire-safety-visit.aspx
3. Attend a BALANCE OR EXERCISE CLASS: 	Contact the Hertsmere Leisure Team on: 01707 645005
4. Have a MEDICATION REVIEW 	Contact your Pharmacy or GP Surgery
 5. Exchange you old slippers for new through the SLIPPER EXCHANGE SFRVICE	Contact your Community Navigator or Local Library.