

# 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>	NO
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?		

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