Falls Prevention

My Action Plan

You can use this action plan to record measures you want to take to reduce your risk of falling.

| Description | Suggested Actions | Your Action and Notes |
| --- | --- | --- |
| Increase physical activity levels | Contact Strictly No Falling:email: fallsprevention@ageukderbyandderbyshire.org.uk <https://www.ageuk.org.uk/derbyandderbyshire>  |  |
| Review my alcohol levels. | The NHS recommended limits are 14 units a week, spread evenly throughout the week.<https://saferderbyshire.gov.uk/what-we-do/drugs-and-alcohol/treatment-services/drug-and-alcohol-treatment-services.aspx> |  |
| Eat a healthy diet. | Contact Live Life Better Derbyshire for weight management support: Telephone: 01629 538200Free Phone: 0800 0852299Email: llbd.info@derbyshire.gov.uk Text: 80800[www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)  |  |
| Consider using a walking aid. | Contact GP, Occupational Therapist or Physiotherapist for an assessment. |  |
| My medications | Make sure you have regular medication reviews with your GP or Pharmacist. |  |
| My eyesight | Have regular eyesight tests – contact your local optician.NHS Choices - <https://www.nhs.uk/live-well/healthy-body/look-after-your-eyes/> Or visit <https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/sight-impaired/sight-impaired-people.aspx> |  |
| My hearing | Be aware of any hearing loss and consult with GP.<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/hearing-impaired/hearing-impaired-people.aspx> |  |
| Safeguard my home | Check the home to ensure no loose carpets etc., and contact the Handy Can service for additional support - [Handy Van service](https://www.derbyshire.gov.uk/community/handy-van-service/derbyshire-handy-van-service.aspx) tel: 0203 535 4999 |  |
| My healthy feet | Check your slippers and shoes to make sure they fit well and if necessary contact <https://www.ageuk.org.uk/services/in-your-area/foot-care/> or ask your GP for a referral to a Chiropodist. |  |
| Falls alarm service | Call Derbyshire tel: 01629 533190.<https://www.derbyshire.gov.uk/council/contact-us/call-derbyshire/call-derbyshire.aspx>  |  |
| Derbyshire Falls Alert Service (FAST) | Call Derbyshire tel: 01629 533190<https://www.derbyshire.gov.uk/council/contact-us/call-derbyshire/call-derbyshire.aspx>  |  |
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