

## 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: <a href="mailto:fallsprevention@ageukderbyandderbyshire.org.uk">fallsprevention@ageukderbyandderbyshire.org.uk</a> <a href="https://www.ageuk.org.uk/derbyandderbyshire">https://www.ageuk.org.uk/derbyandderbyshire</a>	
Review my alcohol levels.	The NHS recommended limits are 14 units a week, spread evenly throughout the week. <a href="https://saferderbyshire.gov.uk/what-we-do/drugs-and-alcohol/treatment-services/drug-and-alcohol-treatment-services.aspx">https://saferderbyshire.gov.uk/what-we-do/drugs-and-alcohol/treatment-services/drug-and-alcohol-treatment-services.aspx</a>	
Eat a healthy diet.	Contact Live Life Better Derbyshire for weight management support: Telephone: 01629 538200 Free Phone: 0800 0852299 Email: <a href="mailto:lldb.info@derbyshire.gov.uk">lldb.info@derbyshire.gov.uk</a> Text: 80800 <a href="http://www.livelifebetterderbyshire.org.uk">www.livelifebetterderbyshire.org.uk</a>	
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.	

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	<p>NHS Choices -  <a href="https://www.nhs.uk/live-well/healthy-body/look-after-your-eyes/">https://www.nhs.uk/live-well/healthy-body/look-after-your-eyes/</a></p> <p>Or visit <a href="https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/sight-impaired/sight-impaired-people.aspx">https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/sight-impaired/sight-impaired-people.aspx</a></p>	
My hearing	<p>Be aware of any hearing loss and consult with GP.  <a href="https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/hearing-impaired/hearing-impaired-people.aspx">https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/hearing-impaired/hearing-impaired-people.aspx</a></p>	
Safeguard my home	<p>Check the home to ensure no loose carpets etc., and contact the Handy Can service for additional support - Handy Van service tel: 0203 535 4999</p>	
My healthy feet	<p>Check your slippers and shoes to make sure they fit well and if necessary contact <a href="https://www.ageuk.org.uk/services/in-your-area/foot-care/">https://www.ageuk.org.uk/services/in-your-area/foot-care/</a> or ask your GP for a referral to a Chiropodist.</p>	
Falls alarm service	<p>Call Derbyshire tel: 01629 533190.  <a href="https://www.derbyshire.gov.uk/council/contact-us/call-derbyshire/call-derbyshire.aspx">https://www.derbyshire.gov.uk/council/contact-us/call-derbyshire/call-derbyshire.aspx</a></p>	
Derbyshire Falls Alert Service (FAST)	<p>Call Derbyshire tel: 01629 533190  <a href="https://www.derbyshire.gov.uk/council/contact-us/call-derbyshire/call-derbyshire.aspx">https://www.derbyshire.gov.uk/council/contact-us/call-derbyshire/call-derbyshire.aspx</a></p>	

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