

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.	<p>Contact Strictly No Falling for information about exercises to help improve your strength and balance.</p> <p>email: fallsprevention@ageukderbyandderbyshire.org.uk</p> <p>Visit: www.ageuk.org.uk/derbyandderbyshire/activities-and-events/snf-classes</p>	
Review my alcohol levels.	<p>The NHS recommended alcohol limits are 14 units a week, spread evenly throughout the week.</p> <p>If you need support around drinking, there is support on hand.</p> <p>Safer Derbyshire www.saferderbyshire.gov.uk/what-we-do/drugs-and-alcohol/treatment-services/drug-and-alcohol-treatment-services.aspx</p> <p>Derbyshire Alcohol Advice Service (DAAS) https://daas.uk.com</p>	

Eat a healthy diet.	<p>Live Life Better Derbyshire offers free weight management and physical activity support.</p> <p>Telephone: 01629 538200 Free Phone: 0800 0852299</p> <p>Email: llbd.info@derbyshire.gov.uk Text: 80800 Visit: www.livelifebetterderbyshire.org.uk</p>	
Consider using a walking aid.	Contact your GP, Occupational Therapist or physiotherapist for an assessment.	
My medications.	Make sure you have regular medication reviews with your GP or pharmacist.	
My eyesight.	<p>Have regular eyesight tests – contact your local optician.</p> <p>Find out more about NHS opticians here: www.nhs.uk/nhs-services/opticians/visiting-an-optician</p> <p>Or visit: www.derbyshire.gov.uk/visualimpairment</p>	
My hearing.	<p>Be aware of any hearing loss and consult with your GP if you have any concerns.</p> <p>Or visit: www.derbyshire.gov.uk/hearingloss</p>	

Safeguard my home.	Check your home to ensure there are no trip hazards such as loose carpets. Consider fitting handrails in bathrooms etc	
My healthy feet.	<p>Check your slippers and shoes to make sure they fit well.</p> <p>Find more information about foot care at Age UK online:</p> <p>www.ageuk.org.uk/services/in-your-area/foot-care/</p> <p>For community podiatry service visit: Podiatry - community podiatry service :: Derbyshire Community Health Services (dchs.nhs.uk)</p>	
Falls alarm service.	<p>Call Derbyshire tel: 01629 533190.</p> <p>www.derbyshire.gov.uk/callderbyshire</p>	
Derbyshire Falls Alert Service (FAST)	<p>Call Derbyshire tel: 01629 533190</p> <p>www.derbyshire.gov.uk/callderbyshire</p>	

**You can find more information about
reducing your risk of falls at
www.derbyshire.gov.uk/falls**