



HELP REDUCE HOSPITAL FOOTFALL

1 IN 20 FALLS RESULT
IN SERIOUS INJURIES...

**FALLS PREVENTION IS EVERYONE'S BUSINESS.
WE CAN ALL PLAY A PART USING ASK. ASSESS. ACT.**

Find out more information on preventing falls in older people by visiting: [derbyshire.gov.uk/Falls](https://www.derbyshire.gov.uk/Falls)

Falls prevention is everyone's business. Whether you work in a hospital, care home, out in the community or simply have contact with older people on a regular basis there's a lot of advice available to help prevent them from falling.

Here are some of the main risk factors for falls and what to do about them:

- **Home hazards** - Such as clutter, trailing cables, loose rugs and poor lighting. Make safe if possible or contact the Handy Van service on **0203 535 4999**
- **Badly fitting footwear** - Advise to replace with new, properly fitting footwear
- **Poor eyesight** - Advise to see an optician. Remind people that if they are aged over 60 they get free NHS eye checks
- **Fear of falling** - Encourage them to join a Strictly No Falling course. Contact Age UK Derby & Derbyshire for more information on **01773 766922**
- **Worried about getting help after a fall** - Discuss getting a falls alarm. Contact Call Derbyshire for more information on **01629 533190**

Health and social care staff, volunteers and carers are also being encouraged to follow the **ASK. ASSESS. ACT.** procedure:

ASK

About ageing well

ASSESS

Risk of falling

ACT

To reduce risk

Get more information on how to prevent falls in older people at:
[derbyshire.gov.uk/Falls](https://www.derbyshire.gov.uk/Falls)

Tweet us your comments or actions using **#fallsprevention** to let us know how you're playing your part.

 @Derbyshirecc

 **DERBYSHIRE**
County Council



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NO ONE IS INFALLIBLE

**BUT FALLS ARE NOT
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**HELP OLDER PEOPLE TO STAY INDEPENDENT
AT HOME. ASK. ASSESS. ACT.**

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