

Preventing falls

One in three older adults have a fall each year. Falls are not an inevitable part of ageing. Falls can be prevented by following ABCD:



Assess your risk of falls

- Check your risk of falls annually with a self assessment questionnaire or ask your GP.
- If you are at increased risk of falling you may be referred to Camden Integrated Primary Care Service for a falls assessment: camdenreferrals.cnwl@nhs.net 0203 317 3400.



Be Active

- Exercise can reduce the risk of falls, but you need to work on strength and balance - two times each week.
- Avoid spending long periods of time sitting. Try to stand up and move around regularly.
- Find out about activities and get support from the social prescribing team on 0800 193 6067 or email nclccg.socialprescribingreferral@nhs.net



Check your eyesight annually and see a podiatrist if you have foot problems

- Replace eyeglasses as needed.
- Footwear can contribute to falls. Ensure you wear comfortable, well-fitting, flat shoes with non-slip soles.
- If you have bunions, calluses or ingrown nails, ask your GP or healthcare professional to refer you to the Camden Podiatry Service.



Declutter your home and remove trip hazards

- Talk to WISH Plus for a range warmth, income, safety and health services on 0207 9743012 or email WISHPlus@camden.gov.uk

Looking for more information or support?



Why does exercise help?

- Getting active is important for health, but if you want to reduce your risk of falling you need to do the right kind of activity.
- It's a bit like an exercise prescription: if you follow the advice, you'll get the results.
- The exercise needs to build your muscles and improve your balance.
- Build it in to your routine, at home or by going to an exercise class. Tai Chi, yoga and dance can all help.



What do I need to do?

- The Chartered Society of Physiotherapy has a video with the exercises that you need to do, or you can get a paper version. www.csp.org.uk/news/2017-09-27-csp-launches-video-demonstrate-six-simple-exercises-stop-falls



Where can I get active in Camden?

To find opportunities to get active near you, visit:

- www.recommendme.london/#/category/keeping-fit
- www.camden.gov.uk/activities-older-people



Where can I get help?

- Call 0800 193 6067 or email nclccg.socialprescribingreferral@nhs.net to get linked into local services, advice and support.