



Falls Lead Role

An Introduction to the role of
AHP Falls Lead for the FHSCP
and CSHSCP





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The Role of The Falls Lead

To develop clear pathways to support people who have fallen or are at risk of falls in the community.

To increase early recognition of people who are at risk of falls in the community.

To work collaboratively to provide a universal approach to training and education across all sectors

**To increase awareness of the risks of falls and how to stay well and active.
To engage with the people of Falkirk at an earlier stage to support healthy aging.**



Current work

Promotion of NHSFV webpage and leaflet

Ongoing work to develop a screening tool

Turas Falls and Frailty Modules (NES)

Care Home Support and Education

Community Awareness

Fire and Rescue Home Safety Checks and Scottish Ambulance Service Liaison

The Consequences of Falls

Physical – Cuts and bruises, broken bones, reduced ability to walk, dehydration, head and brain injuries, hypothermia, incontinence.

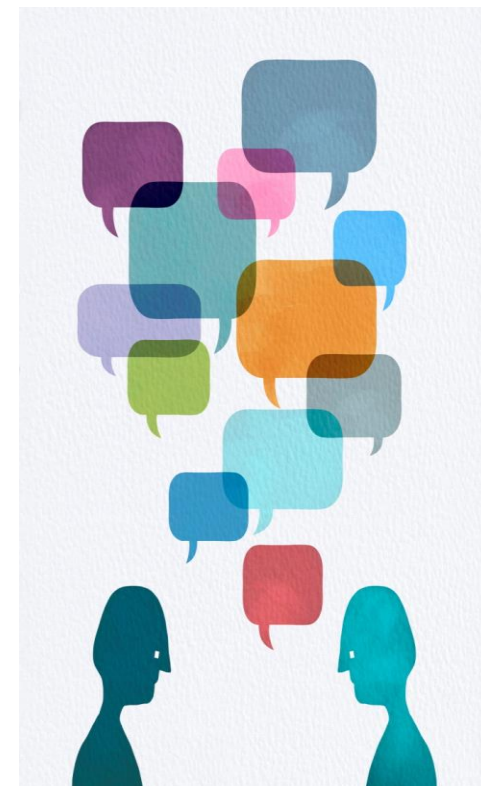
Psychological - Anxiety, depression, embarrassment, fear of further falls, loss of confidence, isolation, reduction in activities

Effects on family/friends/carers - Feelings of guilt, reduction of own activities, relationship strain, restricting the person from completing 'risky' activities



Early conversations

- Have they had two or more falls in last six months?
- **Have they had a blackout/dizziness leading to a fall?**
- What happened when you fell?
- Are you or your carer anxious about falls?
- Do you feel more unsteady on your feet than normal?





What factors can we look at to promote safer mobility?

Mobility/balance

Footwear

Diet and bone health

Our home environment

Medication

Vision/hearing/sensation
issues

6 Exercises for Strength and Balance

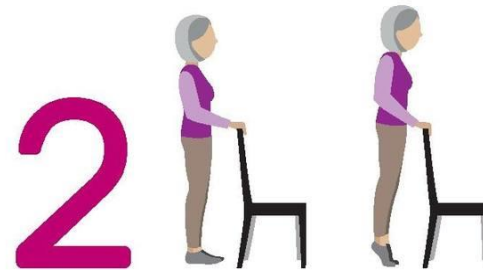
Physiotherapists say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily – or at least twice a week!

- Make sure the chair you use is sturdy
- Wear supportive shoes
- If you experience chest pain, dizziness or shortness of breath, stop and call your GP or call 111
- A slight soreness the day after exercise is quite normal



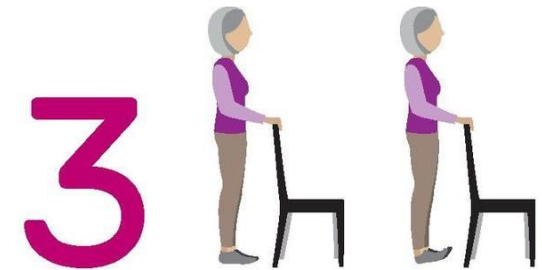
1 Sit to Stand

Stand up. Sit down.
Repeat 10 times.



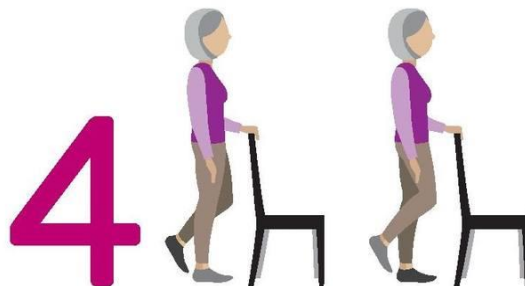
2 Heel Raises

Lift your heels and lower them.
Repeat 10 times.



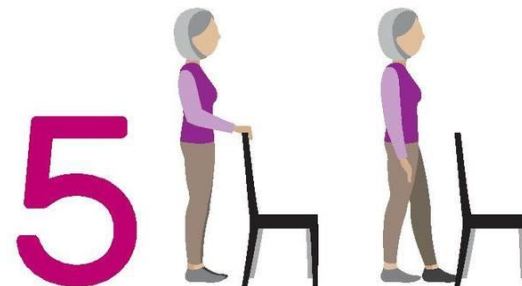
3 Toe Raises

Lift your toes and lower them.
Repeat 10 times.



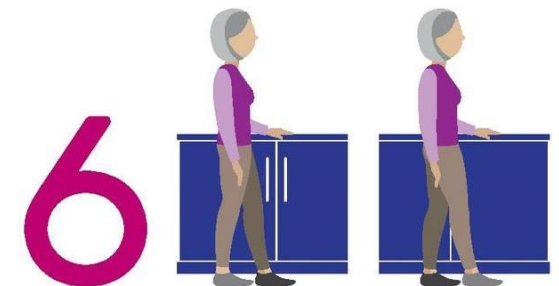
4 One Leg Stand

Stand on one leg for 10 seconds.
Stand on the other leg for 10 seconds.



5 Heel Toe Stand

Put one foot in front of the other like standing on a tightrope. Hold for 10 seconds.
Swap legs around. Hold for 10 seconds.



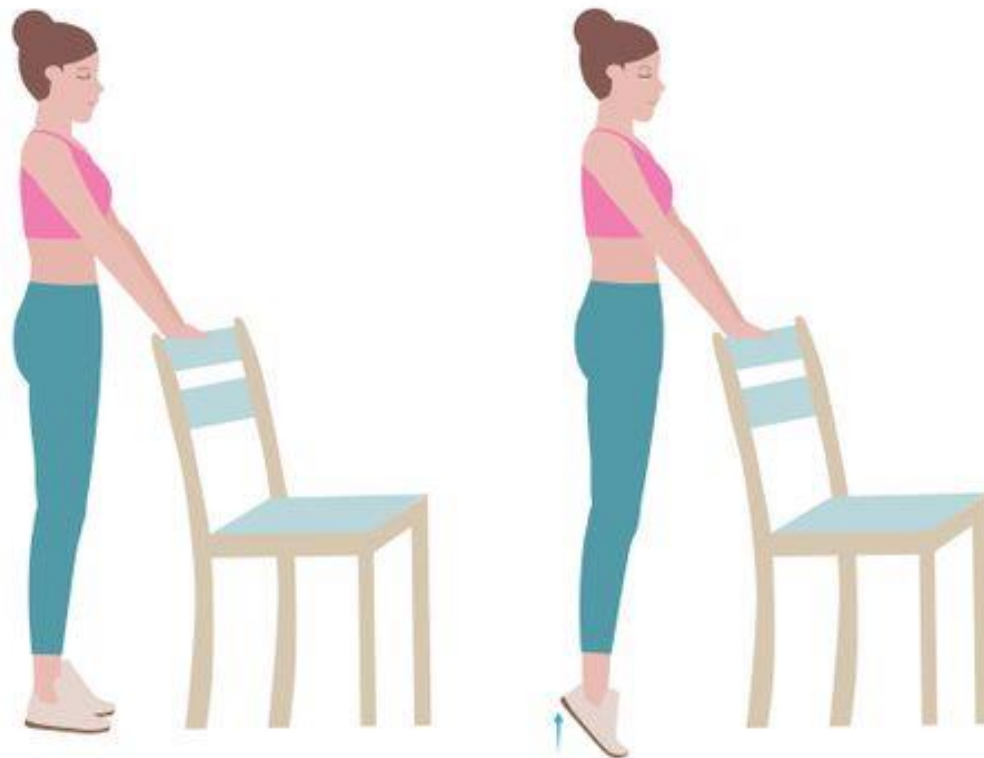
6 Heel Toe Walking

Walk one foot in front of the other like walking on a tightrope.
Do 5-10 steps.

Sit to stand



Heel raises



Balance challenge



Different levels of balance & strength exercises

- Start on **level 1** if - You don't feel confident enough to let go the chair, are wobbling or have to put your foot down quickly.
<https://nhsforthvalley.com/wp-content/uploads/2021/08/3Level-1-Exercises.pdf>
- Advance to **level 2** if - You have to occasionally hold on or put a foot down. <https://nhsforthvalley.com/wp-content/uploads/2021/08/4Level-2-Exercises.pdf>
- Advance to **level 3** if – You can manage the full 30 seconds without holding on or putting your foot down.
<https://nhsforthvalley.com/wp-content/uploads/2021/08/5Level-3-Exercises.pdf>



Signposting

- Up and About Booklet
- NHS Inform
- Local Falls Leaflet
- NHS Forth Valley Falls webpage
- Living Well or Social Work Occupational Therapy
- ReACH Falkirk
- Active Forth
- MECS Pendant Alarms
- Health Centre



- Want to know more about falls?
- Feeling less steady on your feet?
- Have a relative who is falling?



SCAN THE QR CODE





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