**Your step-by-step guide to staying independent and preventing falls -WEB Version**

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| No.  | Question | ✓ | If 'yes'- |
| Red flag | Have you had any **unexplained** falls? For example at the time of your fall did you:•Feel dizzy?•Lose consciousness or blackout?•Have palpitations?•Or, just found yourself on the floor and didn’t know why? |  | Talk to your GP about dizziness/light-headedness, blackouts or palpitations. Call/make an appointment as soon as possible |
| 1 | Have you fallen more than twice in the last 6 months?  |  | Talk to your GP, practice nurse or other Health & Social Care Professional about fall and how it has affected you, as a healthier lifestyle reduces your risk of falls. |
| 2 | Are you taking more than 4 regular medicines? This includes over the counter ones. |  | Have your medicine reviewed every year by GP. Ask your [pharmacist](https://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinesquestions.aspx) about a medicine use review. Some medicines affect your balance.  |
| 3 | Do you have an illness like Parkinson’s, MS or a Stroke that has left you with poor movement?  |  | Talk to your GP or healthcare team about changes in your condition such as a worsening of your balance, more difficulty moving or loss of strength. Physiotherapy or exercise may help you to deal with the way you move around.  |
| 4 | Are you unsteady on your feet or have concerns about your balance?  |  | Talk to your GP, practice nurse or other Health & Social Care Professional about your balance. Physiotherapy, exercise or a medication review may help you improve this.  |
| 5 | Have you broken any bones after the age of 50 & not had a recent bone health check? |  | Talk to your GP or practice nurse about a further assessment of bone health. You can learn more about bone health [here](https://www.nhs.uk/Livewell/healthy-bones/Pages/healthy-bones.aspx) .  |
| 6 | Do you feel dizzy or light-headed at times? For example when you move from lying to sitting or when you stand up. |  | Talk to your GP, practice nurse or other Health & Social Care Professional as you may have a treatable medical condition. |
| 7 | Are you unable to get up from a dining room style chair, without using your arms? |  | Consider exercise to improve your [strength and balance](http://www.csp.org.uk/news/2017/09/27/csp-launches-video-demonstrate-six-simple-exercises-stop-falls) or contact [Herts Help](https://www.hertshelp.net/hertshelp.aspx) on 0300 123 4044 for advice on [local exercise classes](https://www.hertfordshire.gov.uk/services/health-in-herts/keep-active/keep-active.aspx), including Postural Stability classes.  |
| 8 | Do you drink more than the recommended limit (14 units a week over 3 days or more)? Do you use alcohol to help you sleep or control pain? |  | Alcohol can increase your risk of falls. Reducing your alcohol intake can help, you can find more information at your GP surgery or [online](https://www.drinkaware.co.uk/). If you would like more support, speak to one of the Herts Help team on 0300 123 4044 who will be able to put in you touch with a local service that can support |
| 9 | Do you get about less than you would like because you are worried about slipping, tripping or falling?  |  | Talk to your Health & Social Care Professional, practice nurse or GP Practice about your concerns. You can learn more about how to manage this in the Getup and Go leaflet; you can find this [online](https://www.nhs.uk/Conditions/Falls/Documents/SAGA_Falls-Prevention.pdf) or ask a Health & Social Care Professional for a paper copy. |
| 10 | Do you find it hard to be regularly active? The recommendation is 30 minutes, 5 times a week e.g. gardening, vigorous housework, cycling and daily walks. |  | Exercise improves your health and wellbeing. Contact [Herts Help](https://www.hertshelp.net/hertshelp.aspx) on 0300 123 4044 for advice on [local exercise classes](https://www.hertfordshire.gov.uk/services/health-in-herts/keep-active/keep-active.aspx), including Postural Stability classes. Experts also recommend twice weekly muscle strengthening exercises for the over 65s |
| 11 | Has your eyesight got worse in the last year? Have you had your eyes tested in the last 24 months?  |  | Have your eyes tested by your [optician](https://www.nhs.uk/Livewell/Eyehealth/Pages/Lookingafteryoureyes.aspx)? Multifocal glasses can contribute to difficulty walking on stairs. Clean your glasses daily. |
| 12 | Do you have any problems with your bladder or bowel? For example, do you need to get up in the night to go to the loo? |  | Discuss this with any Health and Social Care Professional you work with as they will be able to refer you to [The Adult Bladder and Bowel Care Service](https://www.hct.nhs.uk/our-services/bladder-and-bowel-care/). They may be able to help |
| 13 | Does your home have trip hazards, for example; loose mats or cluttered walkways or poorly lit stairs? |  | Help is available to check how safe your home is, contact [Herts Help](https://www.hertshelp.net/hertshelp.aspx) who can set up a home assessment by the Fire Brigade or an assessment for equipment (e.g. Grab rails ) or advice on clutter[[1]](#endnote-1) |
| 14 | Do you struggle to drink six to eight cups of fluid each day, which includes water, fruit juice, tea and coffee and milky drinks (Does not include alcohol)?\* |  | [Dehydration](https://www.nhs.uk/conditions/dehydration/) has been shown to increase the risk of falls, so it is important to stay hydrated. A guide to keeping hydrated (including a urine color chart) is available [here](https://eput.nhs.uk/wp-content/uploads/2013/08/Keeping-Hydrated.pdf). |
| 15 | Do you wear loose or poorly fitting shoes or slippers? |  | Buy the correct size shoes and slippers with a good fit around the heel.  |
| 16 | Do you have difficulty taking care of your feet? |  | You may need to see a chiropodist/podiatrist for more specialized help [with foot problems.](https://www.nhs.uk/Livewell/Staywellover50/Pages/Foot%20care.aspx) |
| 17 | Do you know what to do if you had a fall?  |  | You can learn more about how to manage a fall if you have one by reading the Get Up and Go leaflet, you can find this [online](https://www.nhs.uk/Conditions/Falls/Documents/SAGA_Falls-Prevention.pdf) or ask a Health & Social Care Professional for a paper copy. Also consider contacting [Herts Help](https://www.hertshelp.net/hertshelp.aspx) who can advise you , for example getting a personal alarm  |
| \*Unless you are on a fluid restriction as advised by your healthcare professional For tips and details on how you can prevent falls, please read the Getup and Go leaflet, you can find this [online](https://www.nhs.uk/Conditions/Falls/Documents/SAGA_Falls-Prevention.pdf) or ask a Health & Social Care Professional for a paper copy |

1. Currently not in please due to work to rule although 3/5s will have a basic ax., may change soon – if not we can link to basic info [↑](#endnote-ref-1)