

Contact details

If you are concerned about falling, please contact your GP in the first instance, they can refer you to the Team.

If you are already a patient with the Falls Prevention Team, you can contact them on 01372 734 791

We have listed below other useful sources of help and information.

Age UK

Age UK produce a wealth of information and will be able to advise you of other services in your area.

T: 0800 169 6565

W: www.ageuk.org.uk

Local authorities

Elmbridge

T: 01372 474 474

W: www.elmbridge.gov.uk

Epsom & Ewell

T: 01372 732 000

W: www.epsom-ewell.gov.uk

Mole Valley

T: 01306 885 001

W: www.molevalley.gov.uk

Reigate & Banstead

T: 01737 276 000

W: www.reigate-banstead.gov.uk

Need to contact the service?

Please see the Contact details section of this leaflet.

Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43

Email: CSH.Feedback@nhs.net

Or write to the Head Office address below.

Large print, audio format or another language

Call 020 8394 3846/43

or email CSH.Communications@nhs.net to receive this information in large print, audio format or another language.

General enquiries

Visit www.cshsurrey.co.uk for information and contact details for all other CSH Surrey services.

A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



CSH Surrey, Head Office
Ewell Court Clinic, Ewell Court Avenue
Ewell, Epsom, KT19 0DZ

Company registered number 5700920



Falls prevention: Stay on your feet

Information for patients,
carers and relatives

Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

Falls Service

CSH Surrey provides a targeted falls service for people in nursing homes and those under the care of the Virtual Ward.

The Falls Prevention Team provides:

- Thorough holistic falls assessment
- A specific exercise programme to improve strength and balance (OTAGO)
- Falls prevention balance classes
- Equipment
- Advice – footwear, vision, Telecare
- Onward referrals to specialist departments.

Preventing falls

Falls are not inevitable and many can be prevented. This leaflet gives you tips on how to prevent falls and details of organisations that may be helpful to you.

1. Improve strength and balance

Exercises to strengthen your body and leg muscles and improve your coordination are known as 'strength and balance training'. This is one of the most effective ways to reduce the risk of falling and can be done at home as well as in a group class. Other activities such as Tai Chi and chair-based exercise classes can build or maintain strength and balance.

Contact your local Leisure Centre or day centres for details of classes, activities and events.

2. Have an eye test

Good eyesight is vital for balance and for moving around safely. Eye tests are free if you are aged 60 or over. You may also be eligible for vouchers towards lenses etc. Some opticians will even visit you at home if you are unable to get to them. You should have your eyes checked **at least** every two years. Take extra care if you need to use bifocal or varifocal lenses as these can affect how you perceive objects, distances and heights.

3. Manage your medicines

Let your GP know if you ever feel faint or unsteady after taking medication. It is important that you do not stop taking any medication unless advised to by your GP. If you take four or more different kinds of medicines per day, ask your GP or pharmacist to check your prescription every six months.

4. Eat well and drink lots of fluids

Eat regularly, choosing a broad range of foods every day for good health, and drink at least eight cups of fluid each day.

5. Make your home safe

Most falls occur at home. Keep an eye out for things that could cause you to slip or trip, eg rugs, wires, worn out carpet or things left on the floor. Either remove them or make them safe. Take extra care on stairs and only use aids for walking and balancing that have been specifically tailored for your needs.

6. Look after your feet

Painful feet can trip you up. Have regular foot check-ups to keep your feet healthy. Choose shoes that fit well and are suitable for your activities. Generally, high-sided, thin-soled footwear with a good grip will give you extra stability. Replace slippers that are loose, worn out or that have no backs around your heels.

7. Deal with anxiety and fear

Fear of falling can stop people doing their usual activities. This can lead to reduced fitness and increased isolation. Following the advice in this leaflet is a good start to regaining lost confidence; you can also talk to your GP if you have any questions or concerns.

Pendant alarms can help to reassure people that help will be available if they do fall. Contact your local authority for more information.

8. Look after your bones

Preventing and treating osteoporosis (brittle bones) helps to prevent fractures. Contact your GP or the National Osteoporosis Society if you have concerns about bone health / brittle bones.

The National Osteoporosis Society helpline is staffed by nurses who provide information on osteoporosis and details of local support groups. T: 0845 4500 230 / 01761 472 721.