



**MAKING
EVERY
CONTACT
COUNT**

Falls Prevention

Key messages

- People who are 65 years old or more have a one in three chance of having a fall each year. This rises to one in two when aged over 80.
- Once an older person has had a fall, the chance of falling again is doubled.
- Falls aren't caused by dementia, but having dementia can increase the risk of falls.
- The impact of a fall is more than just the loss of physical mobility, it can also lead to issues such as:
 - Reduction in confidence
 - Less able to manage everyday tasks
 - Loss of independence and social connections
 - Increase in loneliness and isolation (see MECC sheet on loneliness)
- The good news is falls are not an inevitable part of ageing and many are preventable. One significant change that people of any age can make is to increase their daily activity, particularly activities that help to build strength and balance.

Did you know?

- Alongside 150 minutes of moderate intensity activity each week, it is also recommended to include strength and balance exercises twice a week (see MECC sheet on physical activity).
- Strengthening exercises make your muscles work harder than usual and can help build muscle strength and improve your balance. Examples are yoga, Pilates, Tai Chi, strength and balance classes, lifting weights and working with resistance bands.

Why is it important?

- As we age, our muscles reduce. Our muscle mass decreases approximately three to eight percent per decade, after the age of 30.
- If we don't move and use our muscles, they waste away. This, negatively affects strength and balance, and increases the risk of a fall.

What else you can do to avoid falls

- Get eyes checked regularly.
- Wear sensible footwear/slippers with good grip and support.
- Check for trip hazards, wherever you are.
- Make sure you have adequate lighting in and outside your home.
- Drink enough water or non-alcoholic liquids to keep hydrated.
- Take a vitamin D supplement daily to support bone health.
- Review medication with your GP every 12 months.
- Contact Dudley Falls Prevention service if you are concerned of falling or have had a fall.

Where can I get support to get active?

- **Dudley Community Information Directory (online)**
Search for local groups, clubs, activities, services, and events at www.dudleyci.co.uk
- **Leisure centres** - Fitness classes, swimming and gym at Dudley (Duncan Edwards), Halesowen and Stourbridge (Crystal).
www.dbleisure.co.uk
- **Dance To Health** - A 26-week programme delivered across the borough for those aged 50+, to reduce the risk of falling in later life. An online film library is also available.
www.dancetohealth.org/dudley/
- **Let's Get Moving** - Information, top tips and fun challenges on how to add more movement in your day.
www.healthydudley.co.uk/lets-get-moving/
- **Strength and balance exercise classes** - Free 13-week exercise programme for older people who feel unsteady on their feet, or who have fallen.
Email: fallspsi@dudley.gov.uk Telephone: **01384 815190**

Helpful contacts

Dudley Falls Prevention

Falls advisors help you avoid falls, maintain your strength and balance and regain your mobility, confidence and independence.

Email: fallspsa@dudley.gov.uk Telephone: **01384 814459**

Healthy Dudley - Information and resources for all ages on healthier lifestyles and looking after your health and wellbeing.
www.healthydudley.co.uk

Dudley Adults Portal

An online tool that offers a quick, easy and secure way for residents, carers and professionals to access information in the community and services available from adult social care.

www.dudley.gov.uk/dudley-adults-portal/

Self-Management Programme

A free six-week course for adults with a long-term health condition, or adults who have a caring responsibility.

Email: smp@dudleycabx.org Telephone: **07976 637404**



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