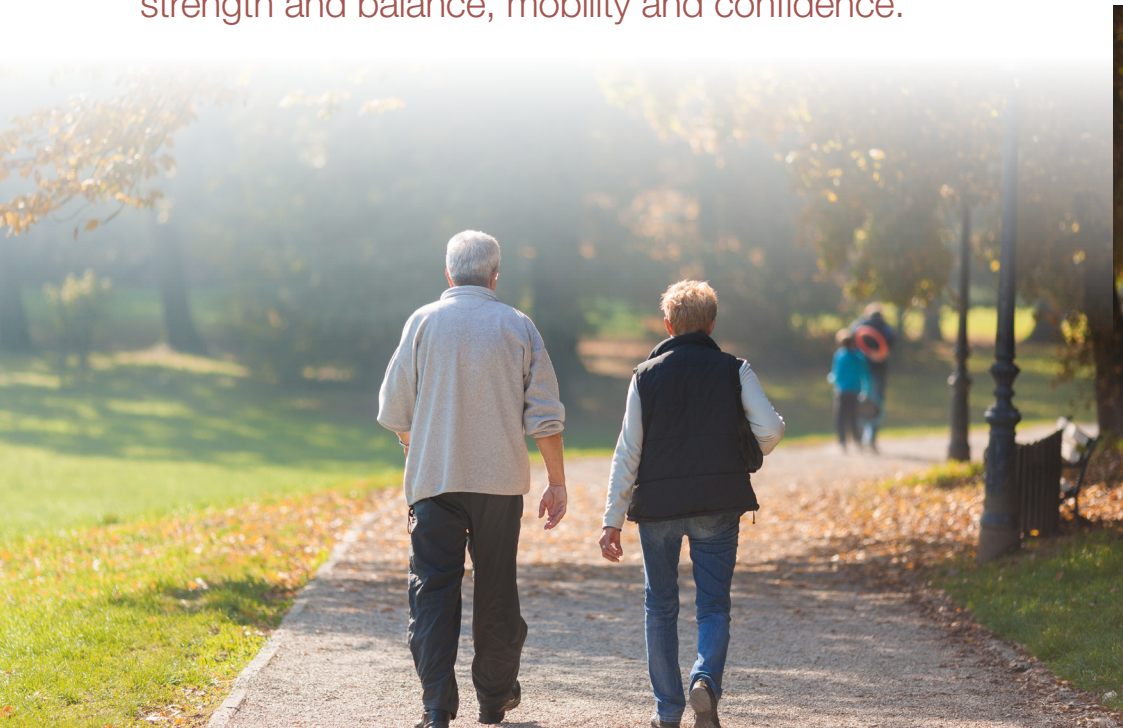


# Dudley falls prevention

A service to help you maintain or regain your strength and balance, mobility and confidence.



As we get older the risk of falling increases. For some people, a fall can lead to a broken bone and a visit to hospital. It is a common problem, but it doesn't need to be.

While we can't change our age, we can take steps to understand what puts us at risk of a fall, and how to prevent it.

**Am I at risk of falling? Look at the checklist below.  
How many boxes would you tick?**

I've had a fall

I am worried about my balance and mobility

I don't get out as much as I used to because I worry about tripping and feel unsteady

I know my home is not as safe for me as it once was

I sometimes feel lightheaded or dizzy when I get up from a chair, or the bed

I worry about being in a crowd, it makes me feel unsteady

Some of these might not seem to increase your chances of falling, but together they can pose a real risk. If any of these apply to you, it might be time to talk to the Dudley Falls Prevention Team.

## What support can I get?

The Dudley Falls Prevention Team is for anyone over the age of 65 living in Dudley, or registered with a Dudley GP. They can provide you with tailored advice and support.

We will look at the common reasons why falls happen. We will also show you some simple exercises that help to build strength and balance.

We will work with you to address any concerns you have and suggest improvements, including:

- Simple adaptations to make your home safer
- A review of your medication
- A tailored therapy programme to address mobility problems
- Specialist physiotherapy support to address poor balance
- Provide you with a walking aid to make it easier for you to walk with confidence
- Referral to one of our specialist strength and balance exercise programmes
- Further tests and clinical assessment within our falls clinic, if required

These will help you to stay independent, on your feet for longer and build your confidence to go about your day.

### Find out more

Telephone: **0300 555 0055**

Email: [fallsspa@dudley.gov.uk](mailto:fallsspa@dudley.gov.uk)

Web: complete a referral using the Dudley Adults Portal

[www.dudley.gov.uk/dudley-adults-portal](http://www.dudley.gov.uk/dudley-adults-portal) Or talk to your GP

## **Other services that may be able to help you**

### **Living Well Feeling Safe online**

An online tool where you will be guided through a self-assessment to help you understand what equipment and support you may need to stay safe and independent at home.

**[dudley.livingmadeeasy.org.uk](http://dudley.livingmadeeasy.org.uk)**

### **Dudley community information directory**

An online directory to help you search for local groups, activities, clubs, services and events across the borough.

**[www.dudleyci.co.uk](http://www.dudleyci.co.uk)**

### **Healthy Dudley**

Information, resources and news for improving your health and wellbeing, from pregnancy and early life to healthy ageing. Includes recipes, vaccinations and services to get you more active, stop smoking and stay a healthy weight.

**[www.healthydudley.co.uk](http://www.healthydudley.co.uk)**

If you require any assistance with this leaflet or would like to request an interpreter, translation, large print or audio version, please contact Dudley Council on **01384 813400**, or **3470**, or email **[L2L@dudley.gov.uk](mailto:L2L@dudley.gov.uk)**