## Take regular exercise

## The Wolverhampton Falls Prevention Service Who we are and what we offer

Falls are a common and serious problem. In fact, if you are over 65 years old, you run a 1 in 3 chance of falling during the next year. Falls can reduce your confidence and independence. There are a variety of causes, many of which can be removed or reduced.

Remove hazards around the home



The Falls Prevention Service is a multi-disciplinary team with nearly 15 years of experience and expertise in reducing an older person's risk of falling. We are based at West Park Hospital but only see people living at home aged 60 and over. Anyone can refer to our service; you do not need to contact your GP first. Our challenge is to support you to maintain your quality of life, thus enabling you to enjoy independence and dignity in your own home.



Take care with pets

Use appropriate walking equipment

Upon referral to the service, we will send out an acknowledgement letter and general information on falls prevention and our service. Usually, we will then ring you to arrange a home assessment. The assessment will take about an hour. The assessment covers



Have regular eyetests



Ensure good fitting clothes and shoes

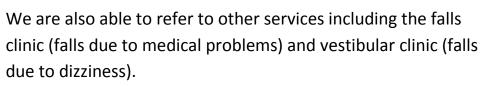
- Details of falls
- Balance and mobility
- Home hazards
- Activities of daily living
- Fracture risk assessment

We will then offer exercises to do at home, specifically designed to improve your balance and mobility and invite you to attend our 'Balanced for life' education and gentle exercise class (if appropriate). This is a five week programme, for two hours a week, with transport and covers a number of falls related topics. Refreshments are provided. Upon completion, a 12 week exercise class may be offered. These classes are more challenging, further improving strength and balance and thus reducing the risk of falling.



Ensure good lighting

Ensure you eat a balanced diet





Ensure you take medication as prescribed

Ensure you drink enough

Contact the Wolverhampton Falls Prevention Service Tel: 01902 444502 for more information or to refer.