

Contact details:

Tri-borough Falls Prevention Service

St Charles Centre for Health and Well Being
Exmoor Street
London
W10 6DZ

Telephone: 0208 102 5494

The **Tri-borough Falls Prevention Service** is provided by Central London Community Healthcare NHS Trust. We provide a range of NHS care in London and Hertfordshire. For more information visit www.clch.nhs.uk

Complaints and compliments

If you would like to comment on the services we provide you can contact the Trust's Customer Services team on 0800 368 0412 or clchpals@nhs.net

Alternative formats and communications support

If you need this information in alternative formats or need other communications support during appointments please let your clinician know and we can arrange this for you.

This information was checked in March 2018

Who is eligible?

Adults with a GP in Westminster, Hammersmith & Fulham or Kensington & Chelsea who are...

- Medically fit and well
- Falling or at risk of falls
- Able and willing to engage in a group physical activity programme
- Likely to benefit from a group physical activity programme

Who is not eligible?

Adults who...

- Cannot leave their home easily
- Are at risk of imminent hospitalisation due to falls
- Fall due to alcohol or substance misuse
- Are unable to follow instructions
- Have an unstable mental health condition
- Are unwilling or unable to engage in a group physical activity programme

Referrals

Speak to your GP or other Health or Social Care Professional about being referred to the Tri-Borough Falls Prevention Service

Tri-borough Falls Prevention Service

The Falls Service combines educational topics with physical activity to help you reduce the risk of falling



The team consists of a range of Healthcare professionals including:

- Physiotherapists
- Occupational Therapists
- Rehabilitation Assistants

We also work closely with other healthcare professionals and services where patients can be referred to should they have other specific needs



What do we do?

You will be offered an assessment in one of our clinics closest to your home. This assessment will identify your falls risk factors and rehabilitation needs.

You may then be invited to join an 8-week physical activity programme to improve your strength and balance and increase your awareness of falls risk factors.

Evidence shows that attending this type of programme can reduce your risk of falls and falls related injuries.

Transport can be provided for those that are eligible.

Physical activity classes to promote:

- Strength
- Balance
- Coordination
- Flexibility
- Posture
- Stamina
- Independent walking
- Activities for daily living
- Ability to withstand threats to your balance
- Ability to get up off the floor

Education

During the 8-week programme, we offer advice, information and discussion on:

- Benefits of physical activity
- Motivation
- Home and outdoor safety
- Fear of falling
- Medication
- Bone health and osteoporosis
- Coping with a fall and getting up off the floor
- Balance and walking

Home

We will provide individually tailored, progressive home exercises for you to perform in addition to attending the classes. We will also help you to identify hazards in your home that may put you at risk of falls.

We will also recommend strategies to help you cope if you do have a fall.



After the programme

Once you have completed the programme, we will help you find alternative classes, groups and activities within your local community to continue your progress.