

What Will You Bring?

- A list of your medication
- A sample of urine

How Long Will Your Appointment Take?

The initial appointment is comprehensive and may take up to 2 hours for a complete assessment.

What Happens Now?

If wish to attend the Falls Clinic for an assessment please ring the Falls Team Co-ordinator on

02837412326

for a **telephone consultation** and your suitability for the clinic will be discussed.

If you have been offered and you are willing to attend the Falls Education Class, you will receive a written appointment in the post.



Southern Health
and Social Care Trust

FALLS PREVENTION SERVICE

Armagh

Day Hospital, Mullinure Health and Well-being
centre

Dungannon

Day Hospital, South Tyrone Hospital

Lurgan

Day Hospital, Lurgan Hospital

Newry

Level 4, Daisy Hill Hospital and
Bramblewood, Drumalane

The **Southern Health and Social Care Trust** run a number of **Falls Clinics** to assess and help people over the age of sixty-five who have fallen or have a fear of falling.

There are often **medical reasons** why people fall. Some are **treatable**. There are also ways to **reduce the risk of injury** associated with a fall, such as a broken bone.

The Clinic Will Be Staffed By:

- A Specialist Nurse
- An Occupational Therapist
- A Physiotherapist
- **IF NECESSARY** you would be seen by a Consultant also

What Will They Do?

- Identify your fall history
- Assess the way you walk, your mobility, balance and muscle strength
- Assess your risk of osteoporosis and medication management
- Identify how you feel **you** carry out everyday tasks e.g. housework, cooking, dressing etc and if you have a fear of falling
- Discuss any problems you may have with hearing, eyesight, bladder or bowel
- Assess home hazards if needed

What Might Be The Outcome Of This Assessment?

You may be offered the opportunity to attend a Falls Education Class which involves:

1. Taking part in gentle exercise aimed at improving strength and balance
2. You will also be shown how to cope in the event of a fall
3. Educational talks will be given
 - Home Hazards and Personal Safety
 - Dietary Advice
 - Footwear and foot care
 - Helplines/life lines and technology related to safety
 - Continence
 - Blood pressure
 - Osteoporosis
 - And other health topics as required
 - Medication

You may then be referred for tests such as: X-rays, scans and blood tests if needed.

You may also be referred to other healthcare agencies, if needed.