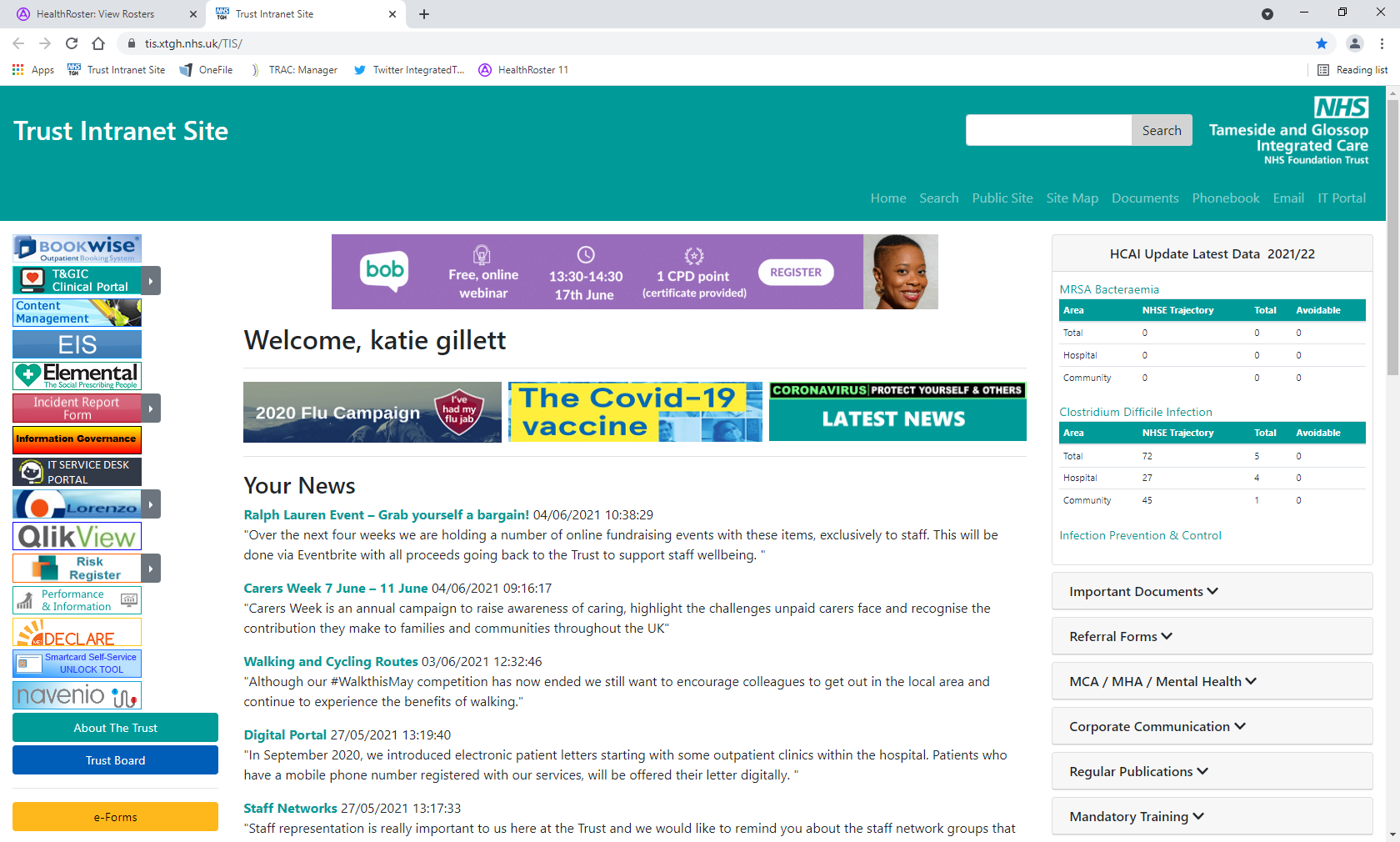
**Falls Prevention** 

**Leaflets**

**Videos**

**Prevention Programmes**

**Websites**

**L**

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**A**

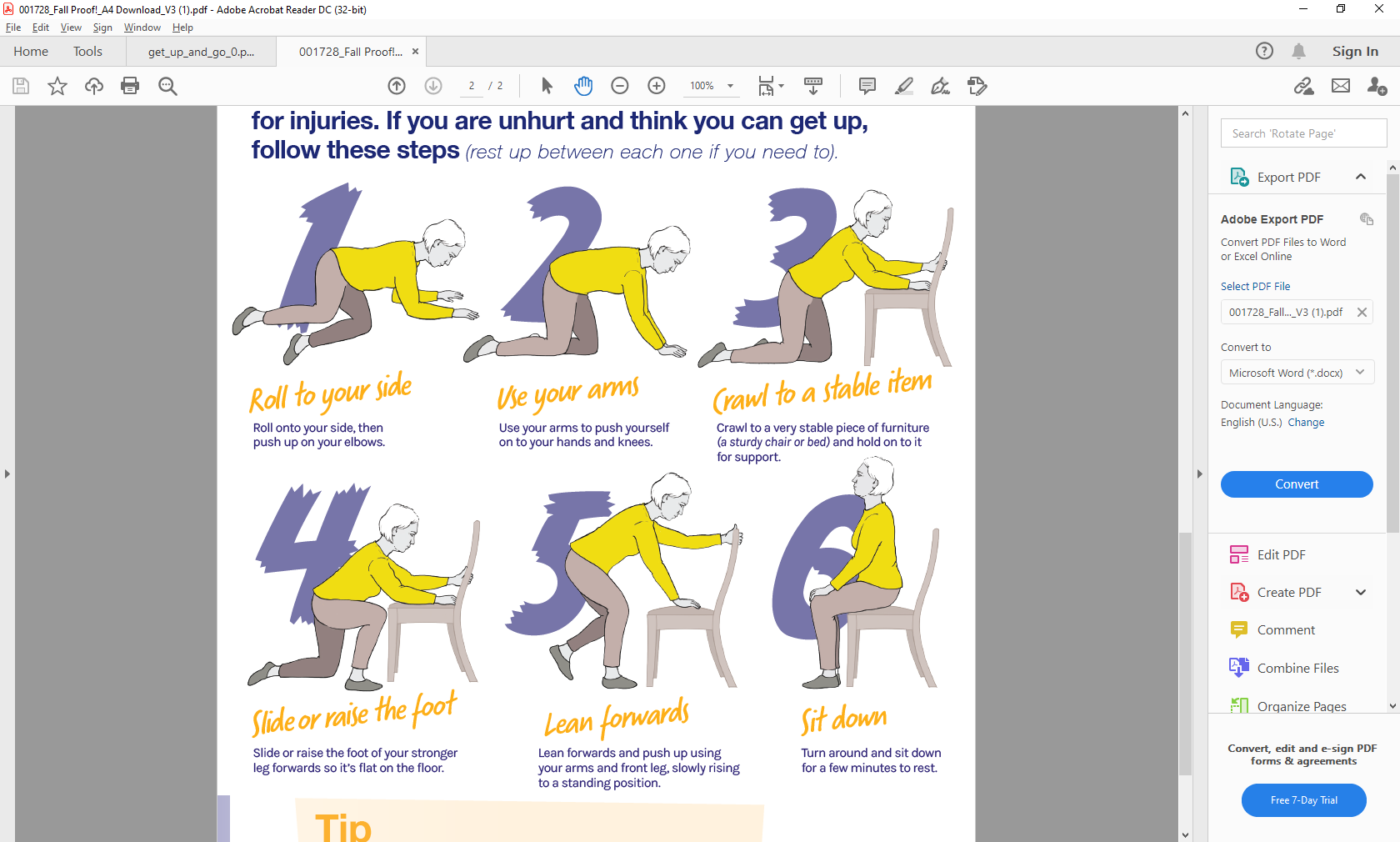
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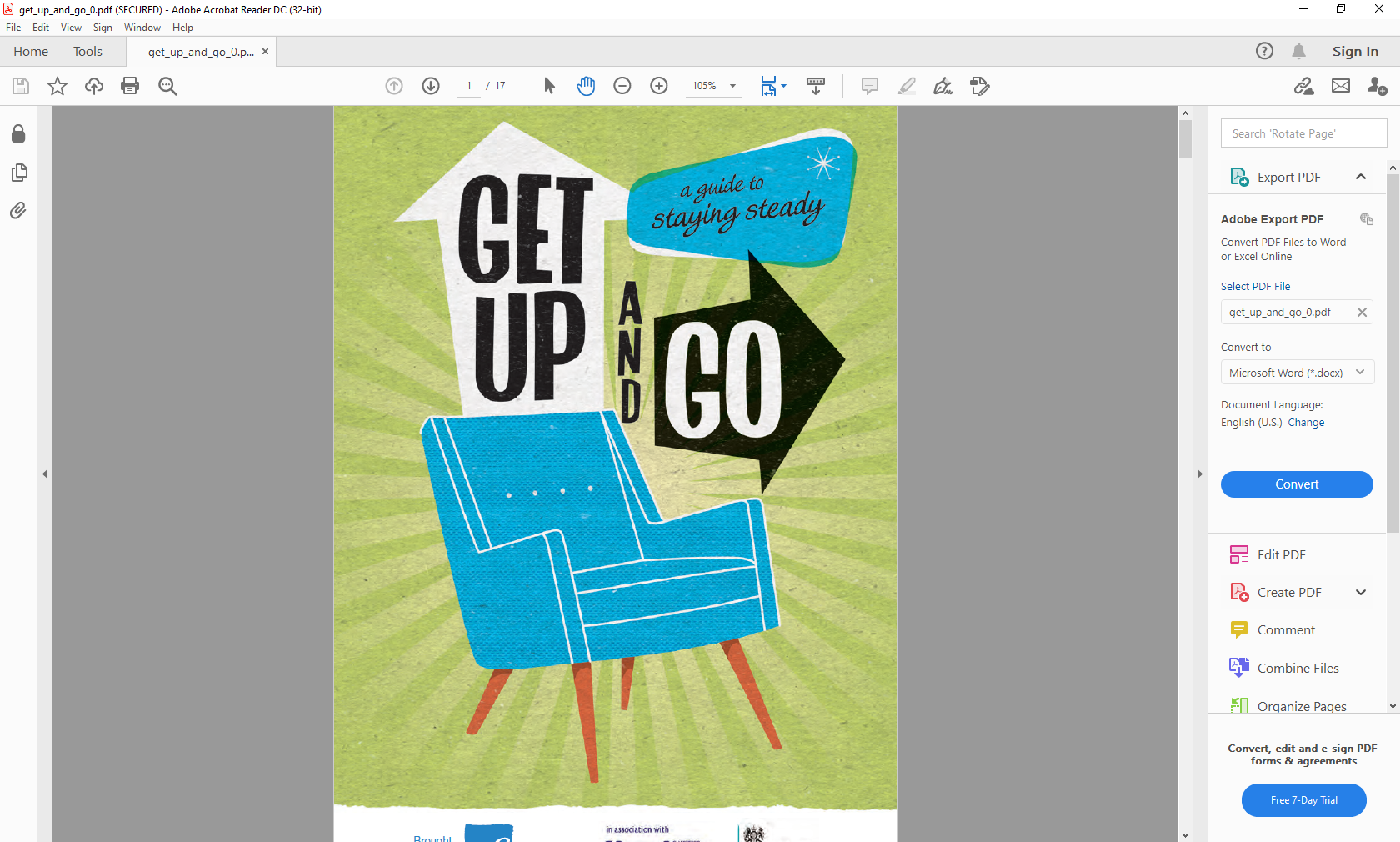
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| [**Get Up & Go**](file:///\\Tgh-file-srv01.xtgh.nhs.uk\special%20data\Integrated%20Therapies\Management\Integrated%20Therapies%20Senior%20Management%20Team\Falls%20Collaborative\Falls%20Resources\get_up_and_go_0.pdf)  **• Risk of falling**  **• Reduce the risk of falling**  **• Fall proof home**  **• Stay safe out and about**  **• Keep moving for a balance life**  **• Strength and balance exercises**  **• Getting up from a fall / can’t get up**  **• Prevent others from falling**  **• How to help someone who has fallen** |
| [**Fall Proof**](file:///\\Tgh-file-srv01.xtgh.nhs.uk\special%20data\Integrated%20Therapies\Management\Integrated%20Therapies%20Senior%20Management%20Team\Falls%20Collaborative\Falls%20Resources\001728_Fall%20Proof!_A4%20Download_V3%20(1).pdf)  **• Keep moving**  **• Prevent falls at home**  **• Getting up from a fall** |
| [**Staying Active at Home**](file:///\\Tgh-file-srv01.xtgh.nhs.uk\special%20data\Integrated%20Therapies\Management\Integrated%20Therapies%20Senior%20Management%20Team\Falls%20Collaborative\Falls%20Resources\001728_Staying%20Active%20at%20Home_England_A4%20Download_Final.pdf)  **• Simple steps to help you stay active at home** |



**V**

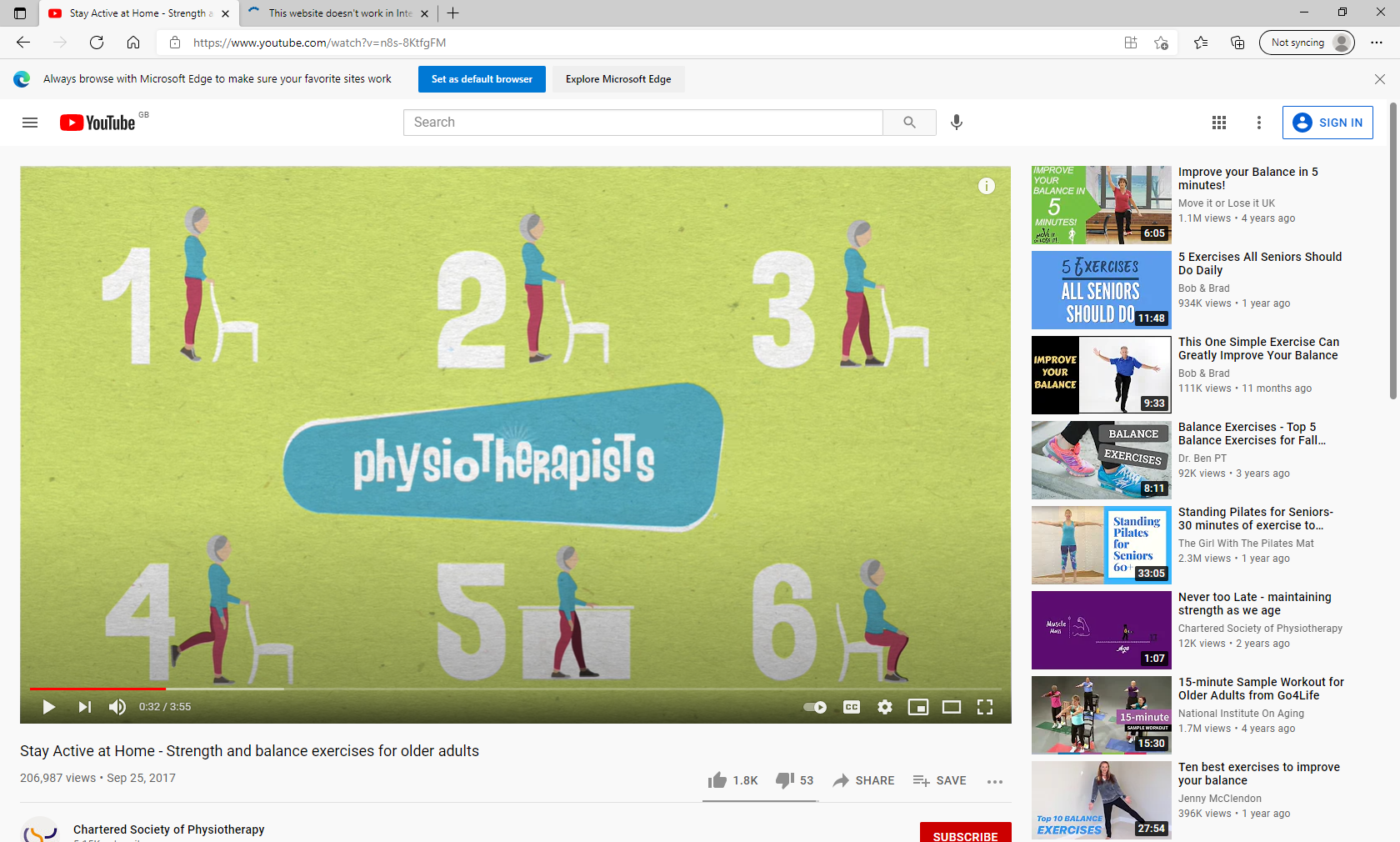
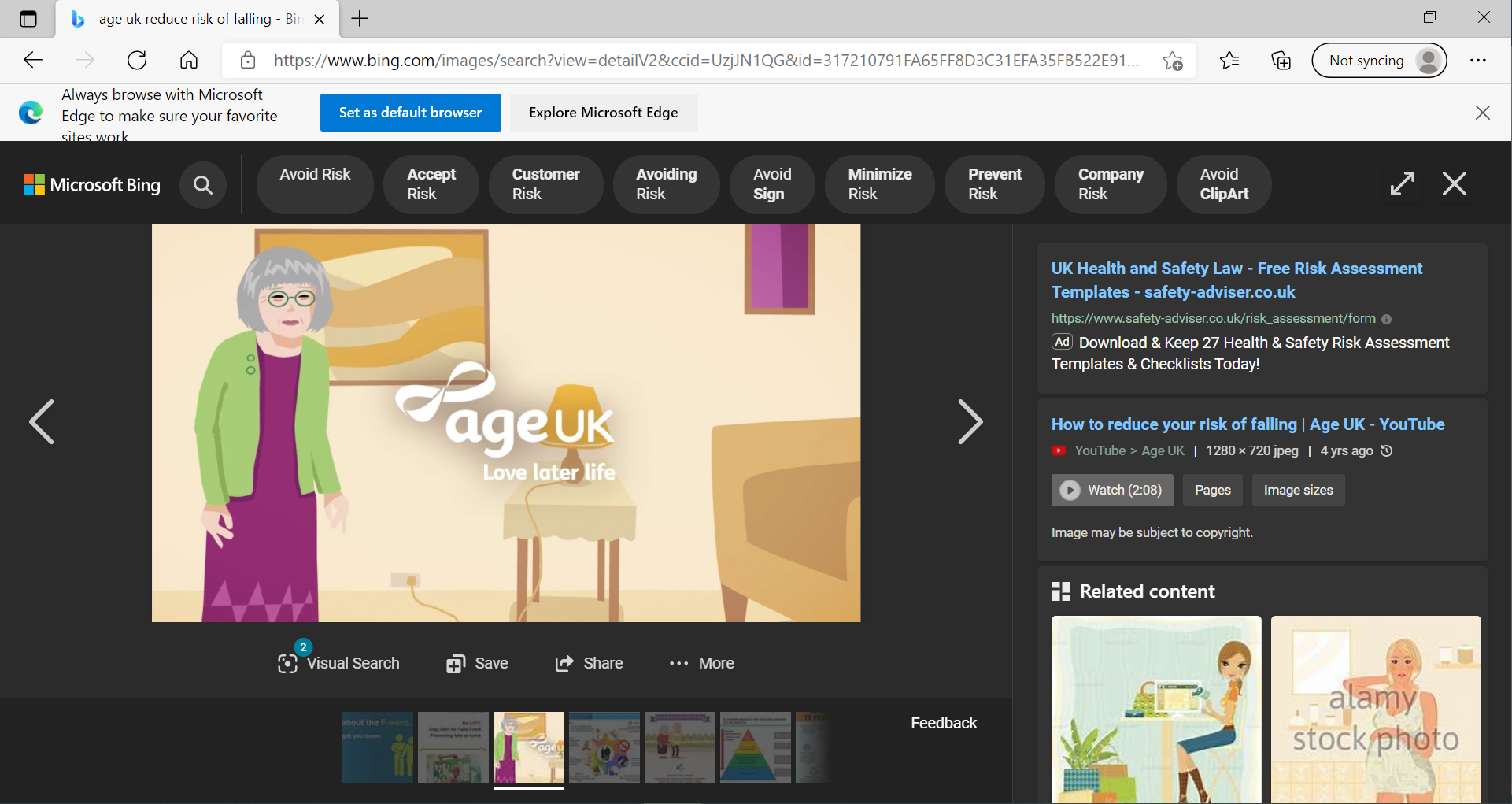
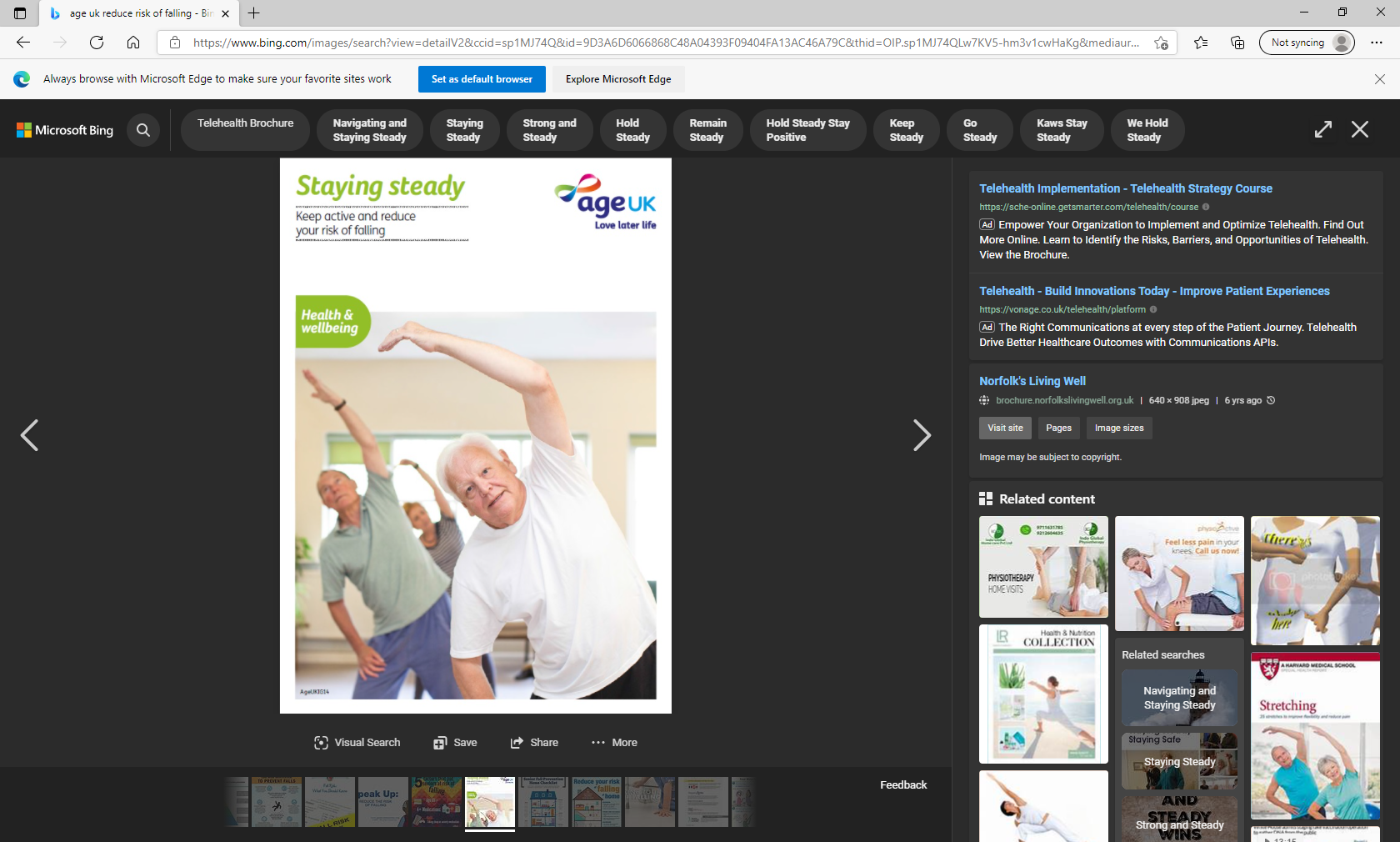
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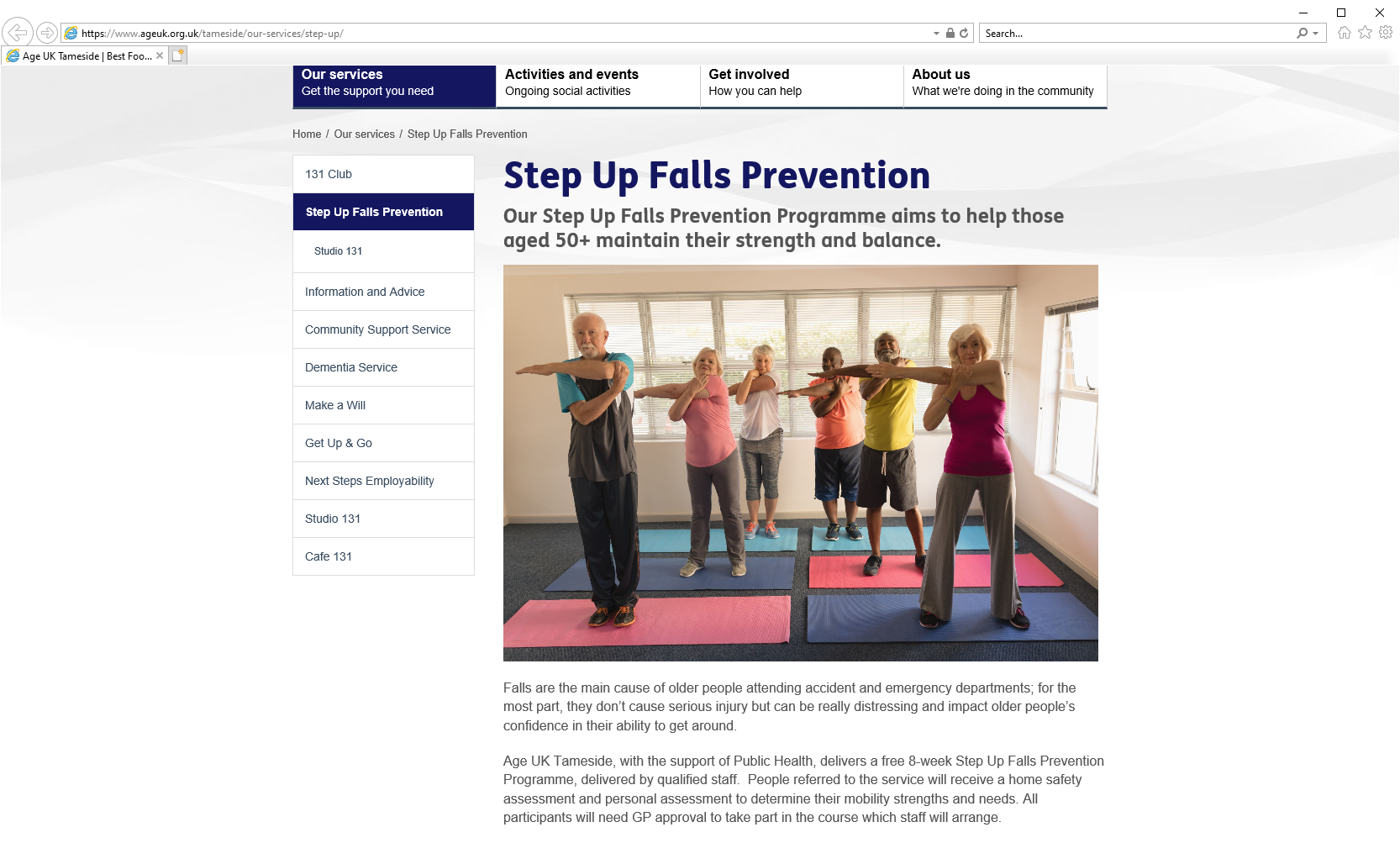
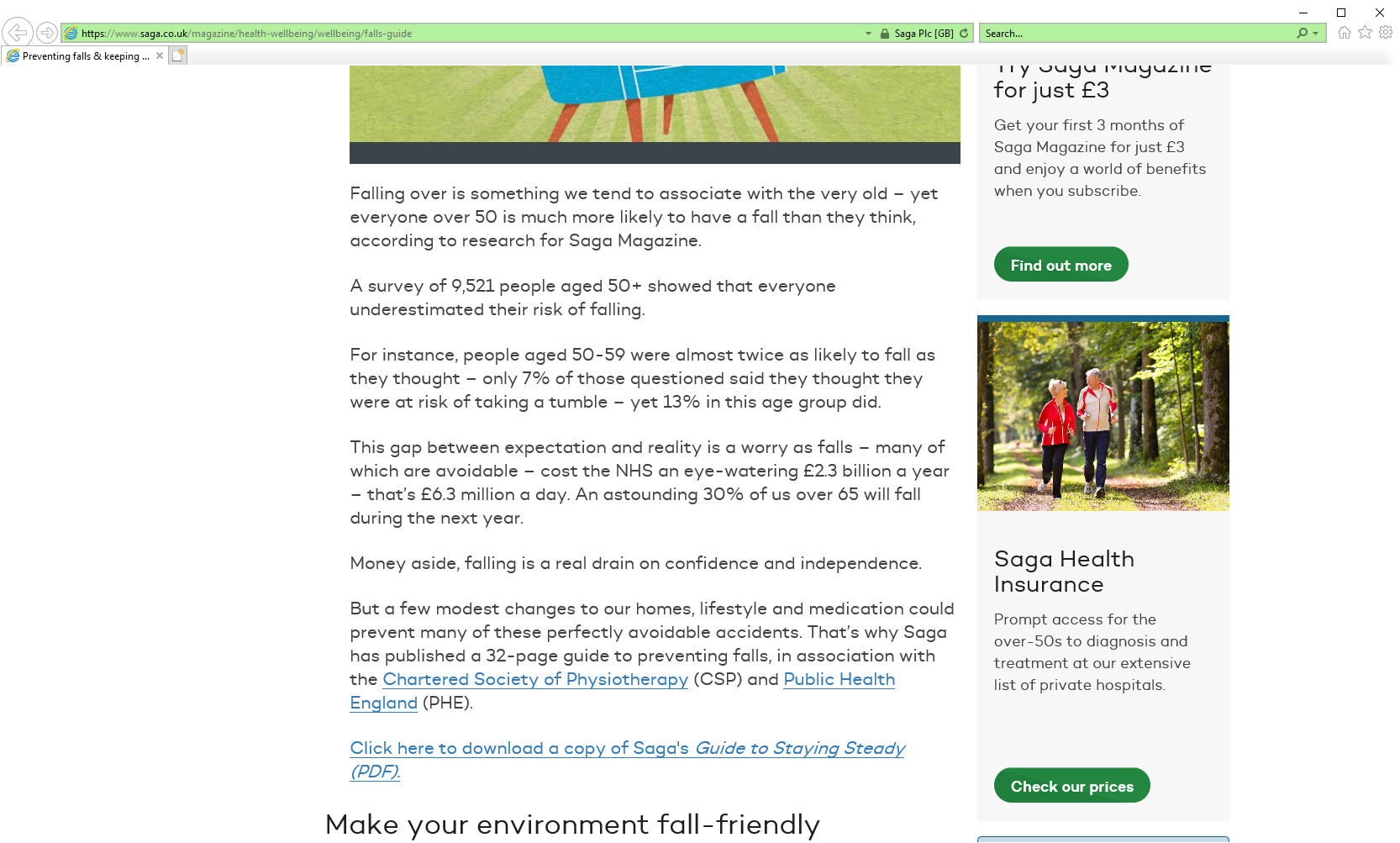
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| **Strength & Balance Exercise**  [Stay Active at Home - Strength and balance exercises for older adults - YouTube](https://www.youtube.com/watch?v=n8s-8KtfgFM) |
| **Age UK**  [How to reduce your risk of falling | Age UK - YouTube](https://www.youtube.com/watch?v=XnLXiJzYmEQ) |

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| **Tameside Age Uk**  **How to refer:**  <https://www.ageuk.org.uk/tameside/our-services/step-up/>  [Example of Tameside Age UK Programme](file:///\\Tgh-file-srv01.xtgh.nhs.uk\special%20data\Integrated%20Therapies\Management\Integrated%20Therapies%20Senior%20Management%20Team\Falls%20Collaborative\Falls%20Resources\Age%20UK%20-%20Step%20Up%20Falls%20Prevention%20Programme.docx)  **Derbyshire.gov**  **Here is a self-designed Action Plan to help prevent falls:**  <https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/adult-care-and-wellbeing/help-to-live-at-home/falls-prevention-action-plan.pdf> |



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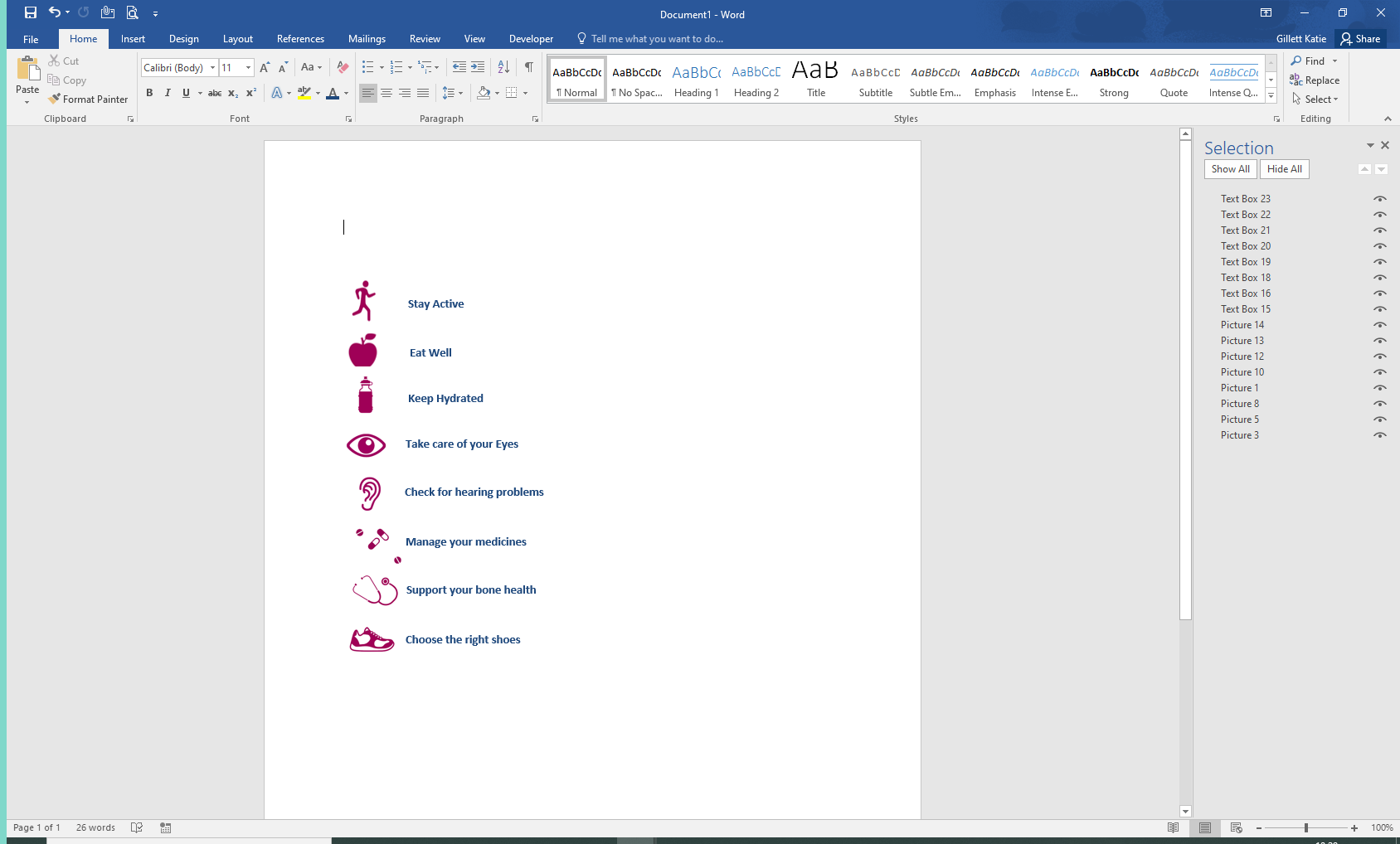
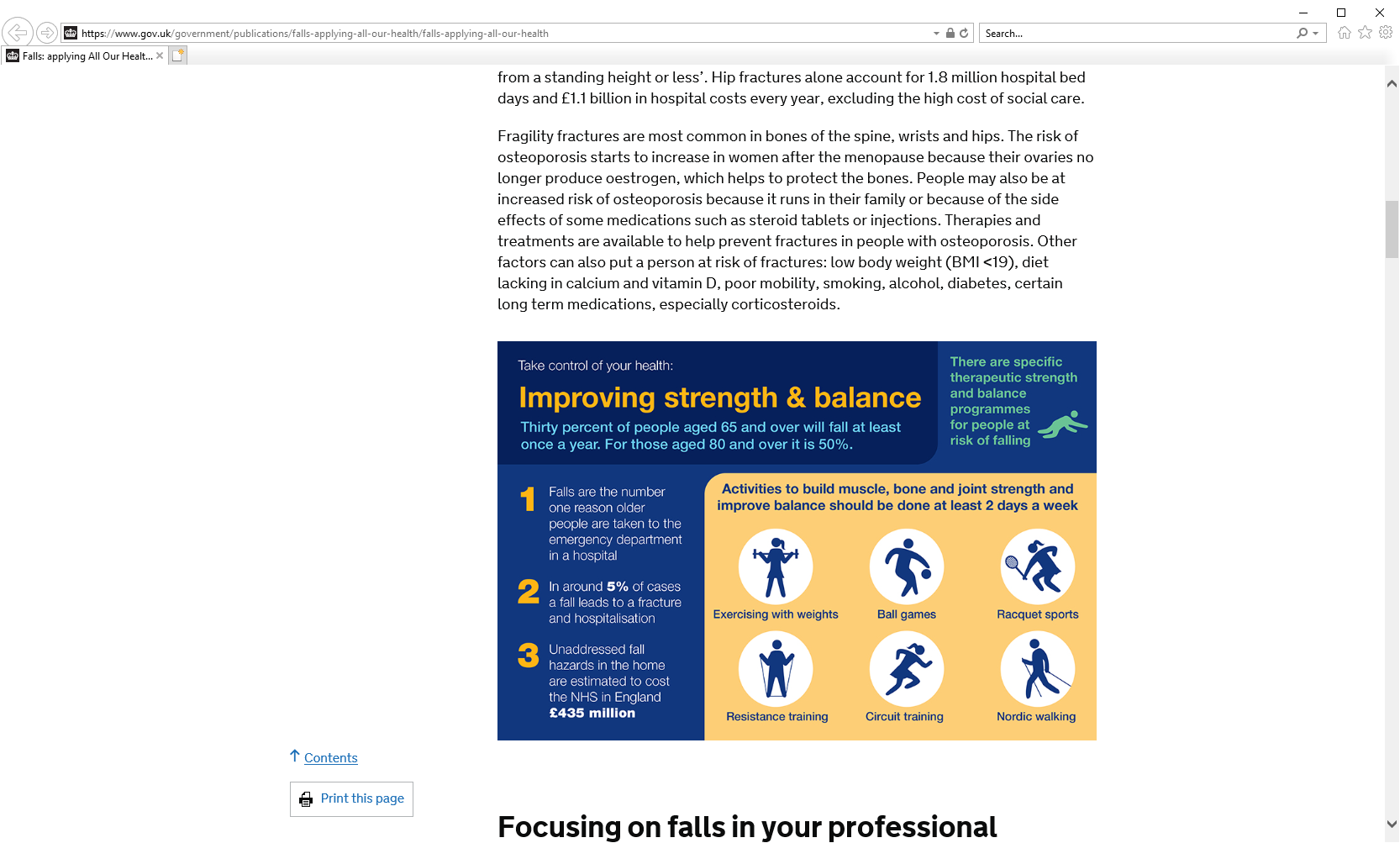
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| **Nice Guidance**  <https://www.nice.org.uk/Guidance/CG161> |
| **NHS Falls Prevention**  <https://www.nhs.uk/conditions/falls/> |
| **GOV.uk Falls prevention**  <https://www.gov.uk/government/publications/falls-applying-all-our-health/falls-applying-all-our-health> |
| **SAGA**  <https://www.saga.co.uk/magazine/health-wellbeing/wellbeing/falls-guide> |
| **Age UK**  <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/> |
| **NHS Eye Care**  <https://www.nhs.uk/live-well/healthy-body/eye-health-tips-for-older-people/> |
| **RCN Falls**  <https://www.rcn.org.uk/clinical-topics/older-people/falls> |
| **CSP Falls**  <https://www.csp.org.uk/publications/physiotherapy-works-falls-community-approach> |



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