

The falls and bone health service provides information and programmes of exercise to help you reduce the risk of falling.

## Who are we?

We support people at risk of falls by helping them to maintain active, independent lives. We provide assessment, advice and exercise to older people who are at risk of falling to avoid fall related injuries, unnecessary hospital admissions and premature transfer to long term care.

## How can we help?

Our therapists will offer you an assessment in your own home or at a specialist falls clinic to identify your falls risk factors and rehabilitation needs. You will then be able to join a 12-week physical activity programme. The programme includes three main components:

### 1. Physical activity classes to promote

- strength
- balance
- coordination
- flexibility
- posture
- stamina
- independent walking
- activities for daily living
- ability to withstand threats
- to your balance.



### 2. Education

In each session, we offer advice, information and discussion on:

- benefits of physical activity
- motivation
- footwear and foot health
- community resources
- home and outdoor safety
- anxiety management
- medication
- bone health and osteoporosis
- coping with a fall and getting up from the floor
- vision and hearing
- diet and nutrition.



### 3. Home

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

falls, and provide adaptive equipment if needed. We will also recommend strategies to help you cope if you do have a fall.

## Who is eligible?

Our services are suitable for anyone who:

- has a fear of falling or
- has a history of falls or near misses, or
- lacks confidence with their balance and walking
- has a diagnosis of osteoporosis or fragility fracture.

You need to be able to mobilise independently (with or without an aid) for distances up to 100m, and be motivated to attend the classes. We can assist you to arrange transport to the classes if needed.

## Our team

Our teams consist of a range of health professionals including:

- physiotherapists
- occupational therapists
- rehabilitation assistants

You can also be seen by other health professionals such as a podiatrist if required; and we work closely with local hospitals and other health organisations in ensuring you receive the best care according to your needs.

## Contact us

To find out more, please contact us on 0300 555 8889 option 2 or email us at [clcht.BrentFalls@nhs.net](mailto:clcht.BrentFalls@nhs.net).

## About CLCH NHS Trust

The Brent falls and bone health 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](http://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](mailto: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 2017.