

COMMUNITY FALLS TEAM

Are you worried about falling at home?

WHO ARE WE?

The Community Falls Assistant Practitioners are an NHS service covering North, South and East Ayrshire. The service has been set up to provide support and care for people at home who have had a fall or are worried about falling



WHAT DO WE OFFER?

A home visit to look into why the person is falling, help and advice regarding safety at home and onward referral to a wide range of specialist services including:

- Pharmacy
- Physiotherapy
- Strength, Balance and Bone Health classes
- Occupational Therapy
- Sensory Impairment Team (visual and hearing)
- Continence service
- Community Alarm
- Minor indoor adaptations/equipment to improve daily living activities i.e. grab rails/handrails/equipment for outdoor exits and certain walking aids

OUR AIM?

- Minimise the risk of falls
- Carrying out a falls assessment to highlights factors that may increase the risk of falling
- Offering advice, support and guidance to the person who has experienced a fall and to their carers and family
- Raising awareness of how to reduce the risk of falls and injuries
- Working closely with other staff and agencies who may already be involved in the care of people at risk of falls
- Referring people for further rehabilitation when needed



WHAT TO EXPECT?

If you are offered an appointment for a falls screen, the Falls Assistant Practitioner will contact you by telephone and arrange a convenient time to visit you at your home to complete the falls screen. After the screen the Falls Assistant Practitioners will discuss what further help is available and what actions can be taken to help you stay well, safe and healthy

WHO CAN MAKE A REFERRAL

The team has an open referral system which means that anyone can refer into the service. You can refer if the person:

- Has sustained a fall or is worried about falling
- Lives at home
- Has agreed to the referral

HOW TO MAKE A REFERRAL

If you have any concerns, you or a family member can make a self-referral to the Intermediate Care Team for a community falls assessment using the numbers below

South 01292 660444

East 01563 554401

North 01294 400616

