

Pendent alarms

These are a few examples of providers of pendent alarms; it does not include all alarms for all providers.

Bromley Healthcare are not responsible for the service they provide.

Carelink,
Civic centre,
Stockwell Close,
Bromley BR1 3UH
Telephone: **0208 466 0046**

Age UK Personal Alarms
ageuk.org.uk/alarm
Telephone: **0800 011 34 59**
(Monday-Saturday 08.00am-08.00pm)

SAGA SOS Personal alarms
0208 274 0868
saga.co.uk

Other personal alarms are available widely on the internet.

Fall and Fracture Prevention Service

St Paul's Cray Clinic

Mickleham Road

Orpington BR5 2RJ

Tel: **0300 330 5777**

Email: bromh.cccpod3refs@nhs.net

**Bromley
Healthcare**
better together

The Fall and Fractures Prevention service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1b Knoll Rise
Orpington BR6 0JA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
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NHS



Reducing fear of falling: strategy planning

Falls and Fracture Prevention service

What is Strategy Planning?

This is developing and carrying out a plan to reduce your risk of falls both indoors and out side. It may help you to reduce your fear of falling.

Anyone can fall. Knowing you have an effective plan can help reduce your fear of falling by:

- Increasing your confidence because knowing what to do puts YOU in control
- Reassures family and friends
- Reduces the risk of being left on the floor for a long time.

Place cushions and blankets around the house at low level so that if you do fall, you can keep warm and comfortable.

Use your common sense with placement; they need to be easily accessible, but out of the way enough so that they do not cause a hazard.

Put a bottle of water with the blankets and cushions.

Have a way to call for assistance:

This might be carrying a mobile phone about with you everywhere in the house even in the bathroom. Keep it in your pocket and remember to keep it charged.

You could consider having a pendant alarm (see details over the page). At the press of the button (some are automatic) you can be connected to someone to call for help for you.

Carry a whistle.

What to do if you have a fall

Don't panic! You will probably feel a little shaken, try to stay calm, don't rush and take some deep breaths. Check for any injuries.

Assess the situation:

If you are not hurt and are able to get up:

- Roll onto your front.
- Ease yourself up onto your elbows.
- Move onto your hands and knees.
- Crawl to a stable piece of furniture such as a bed or chair or a wall if outside.
- Facing the support, with your hands on the support, bend one knee forwards in front of you, lean forward, push yourself up into standing
- Turn and sit on the support and rest for a while.
- If you can't get onto your hands and knees, bottom-shuffle or roll.
- you could try going to the bottom stair or sofa, with your back to the low level surface, push up with your hands and feet to lift yourself onto the surface.

If using the stairs, go up to the next step before standing.

- If you can't get up:
- Attract attention – pendant alarm, whistle, bang on the wall, call out, turn up and down the volume of the TV or radio repeatedly.
- Move; to a soft surface; if you have fallen on tiles or laminate flooring move to carpet. Try to move away from drafts.
- Keep warm; try to reach for something to cover you, tablecloth, blanket, rug or coat. Put a cushion under your head or roll up an item of clothing.
- Keep moving; As pain allows. Don't lie in one position for too long. Move your arms and legs to keep warm, prevent a pressure sore, maintain circulation and prevent joint pain and stiffness.
- Roll from side to side if you are able
- Keep your fluids up
- If you need to empty your bladder while on the floor, try to soak up the wet with newspaper/item of clothing and try to move away from the wet area.

See hand-out: "I have had a fall" or Chartered Society of Physiotherapy "Get up and Go" booklet pages 20-21.

Consider a key safe;

A discretely positioned wall mounted combination key safe may be appropriate. Key safes are designed for storing keys and are an ideal solution if you live alone and do not have anyone to leave a key with.