

# Stay Steady, Stay Strong

## Falls Action Plan

Date: \_\_\_\_\_

Falls can happen to anyone. Edinburgh's Falls Prevention Pathway is here to support you.

Following your recent Falls Assessment, we identified areas affecting your risk of falling and agreed to the following action plan to help you stay steady on your feet and prevent the risk of falls:

<b>Areas affecting your risk of falling</b>	<b>Our agreed actions and advice</b>
The medication you take	
Smoking/alcohol intake	
Care/support network	
Dizziness	
Technology e.g., Falls Alarm	
Eyesight	
Hearing	
Communication and understanding	
Nutrition/diet	
Toileting needs/safety	
Footwear/foot care	
Ability to carry out activities of daily living (including getting on/off your bed or chair)	

Environment (including any adaptations at home)	
Ability on stairs	
Mobility and physical activity levels	
Balance, posture and muscle strength	
Other e.g. new medical concerns	

## What to do if you have another fall

- If you're not hurt, follow any advice you have been given from your health care professional to get up from the floor.
- If you are unable to get up from the floor yourself, call someone who can help you by phone call, using your falls alarm or smart speaker if you have one or by shouting or banging on the wall to try to attract a neighbour's attention.
- If you are in pain, injured or unwell then contact NHS 24 on 111.
- If you might have injured your head, back, neck or hip then call 999 and ask for an ambulance.
- Speak to your GP after a fall.

## Useful Information

### NHS Lothian Falls Support

<https://services.nhsllothian.scot/fallssupport/i-live-in-edinburgh/>



### Social Care Direct

[www.edinburgh.gov.uk/social-care-health/ask-social-care-direct-advice-2](http://www.edinburgh.gov.uk/social-care-health/ask-social-care-direct-advice-2)

Email us: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

Phone us: 0131 200 2324.

Our opening hours are Monday-Thursday 08:30-17:00, Friday 08:30-15.55



### NHS Inform

Health information that anyone living in or visiting Scotland can trust

[www.nhsinform.scot](http://www.nhsinform.scot)



### NHS Lothian Walking Aid Self-Referral

Self-referral - Edinburgh Health & Social Care Partnership: Physiotherapy

<https://services.nhsllothian.scot/ecps/self-referral/>



Please note this leaflet should only be used by specific individuals following a Falls Assessment.