

Falls Prevention Awareness Pack

Produced by the Calderdale Falls Prevention Network



**Age Friendly
Calderdale**

Creating healthy, vibrant communities with strong social networks

Calderdale
VISION 34

Calderdale
& Kirklees
Forum 50+

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Falls

Most falls don't cause serious injury. But there's always a risk of broken bones or other complications.

A fall can shake a person's confidence, independence, and sense of safety, with knock-on effects for family and carers too.

There are things you can do to prevent a fall and support available if you have had a fall or fear falling.

You can use the information in this pack to help reduce your risk.



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What to do if you have a fall

If you should fall, try to stay calm and take a moment to check for any pain or injury before you attempt to get up.

If you feel unable to get up and you have a phone or personal alarm that you can reach, use it to get help.

If you cannot reach a phone or alarm, try to get someone's attention by banging on the wall or floor.

Keep yourself warm. Cover yourself with anything you can reach.

Keep moving your body if you can. Roll from side to side or gently move your arms and legs.

If you think you are unhurt and capable of getting up, follow the steps on the following page.



Getting up from a fall

If you should fall, lie still for a minute, stay calm and check for injuries. If you are unhurt and think you can get up, follow the steps opposite (rest between each one if you need to). If you know you can't get up, or feel pain in your hips or back if you move, see overleaf for ways to summon help



1 Roll on to your side, then push up on to your elbows.



2 Use your arms to push yourself on to your hands and knees.



3 Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on to it for support.



4 Slide or raise the foot of your stronger leg forwards so it's flat on the floor.

Hot tip:

If you can't get on to all fours, bottom-shuffle or roll to a low surface like the bottom stair or sofa. Sit with your back to it, put your arms behind you on to the surface and push up with your hands and feet, lifting your bottom onto the surface. If using the stairs, go up to the next step before standing up.



5 Lean forwards and push up using your arms and front leg, slowly rising to standing position.



6 Turn around and sit down. Sit for a minute or two to rest.

"I slipped in the kitchen and couldn't get up. Afterwards, my daughter suggested I practised while she was there to help. I felt silly crawling around the house, but now I feel much more confident about getting up on my own."

If you fall and can't get up

Follow these steps – and they will be a lot easier if you've already done a bit of forward planning

To get help

- Use your pendant alarm if you have one or call nearby neighbours on your phone – put them on speed dial now.
- Use your phone to call 999.
- Bang on the wall, radiator or floor.
- Stay warm. Cover yourself with anything you can find – tablecloth, blanket, rug or coat.
- Put a cushion under your head or roll up an item of clothing.
- Keep moving. Roll from side to side and move your limbs as pain allows to help keep you warm and maintain circulation.
- Keep your fluids up if you can reach a drink.

Planning ahead

It makes sense to prepare yourself and your home just in case the worst happens. Then you can get on with enjoying life, knowing that you've done the groundwork.

- Make sure you've read pages 10-11 of this guide and made your house as fall-proof as possible.
- Place cushions and blankets around the house at floor level so that, if you do fall, you can keep warm and comfortable while waiting for help.
- Use your common sense on placement: they need to be easily accessible but should be stored so they don't cause a hazard in themselves!

- Put a bottle of water with the cushions so you can stay hydrated while waiting.
- If you have a cordless landline phone, carry it in your pocket.
- Get a mobile phone if you don't already have one and keep it (switched on) in your pocket or on a belt. Programme in the phone numbers of neighbours or friends/relatives nearby who could help if you fell.
- Consider getting a community alarm. You wear it like a pendant, or on your wrist, and

when you press a button the control centre will telephone your nominated key holder(s) so they can check on you.

"I can't tell you how humiliating and miserable it was lying on the floor, waiting two hours until my home help found me. Now I carry a simple old-style mobile phone - my grandson jokes that it's 'Grandpa's brick' - and I feel much safer."

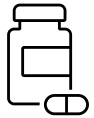


Preventing a Fall - Things you can do



Speak Up – even after a “near miss”

If you have had a fall, or fallen in the past, even without injury, **talk to your GP** or another health professional. Many of the underlying causes of falls can be treated or corrected.



Have your medication reviewed

Some medicines may affect your balance and coordination or may make you feel weak. **Ask your GP for medicine review.**



Exercise regularly to improve your strength and balance

Being physically active is one of the best things you can do to maintain your strength and balance. Everyday activities like walking, gardening, shopping and climbing the stairs count to!



Have your eyes and hearing checked

Having a **regular health tests for our eyes, ears and feet** can help to identify any problems early and help to prevent us from falling.



Make your home safer

Our homes can present one of the biggest risks for falls. **Do a regular check for trip hazards in your home** to reduce your risk.

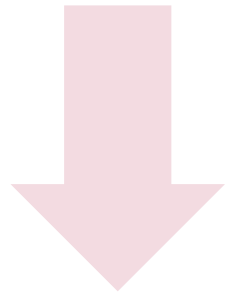


Self-refer for more support

Did you know that you **can self-refer via Gateway** into the Falls Prevention service? They can assess your falls risk and help build a plan to reduce your risk. Contact them on **01422 393000**

Staying Active

- Regular physical activity is one of the most powerful tools we have against falls. It improves strength and balance and helps rebuild the confidence a fall can take away.
- If it's been a while since you exercised, or you have medical conditions or concerns, speak to your GP first, and make sure activity and its intensity are right for you.
- Start simple and try the **six exercises** on the next slides **from the Chartered Society of Physiotherapy** to improve and maintain your strength and balance.



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Physical activity for adults and older adults

Any level of activity is linked to health benefits



Improves
Sleep



Manages
Stress



Maintains
Healthy weight



Improves
Quality of life

Reduces your chance of

-40% Type II Diabetes

-35% Cardiovascular disease

-30% Falls, depression etc.

-25% Joint and back pain

-20% Cancers (colon and breast)

Be active everyday

Make a start today:
it's never too late

Any activity
is better than
none, and more
is better still

Every minute
counts



Aim for

at least
150
minutes
per week

OR

at least
75
minutes
per week

**Moderate
intensity**

increased breathing
able to talk

**Vigorous
intensity**

breathing fast
difficulty talking

or a combination of both

To keep muscles,
bones and joints strong



**Build
strength**



on at
least

2

days a
week

For older adults

Improve balance

2 days a week to reduce the
chance of frailty and falls



Minimise sedentary time

Break up periods
of inactivity



6 exercises for strength and balance

Physios say these simple exercises can help improve co-ordination and balance. Get on your feet and try them daily – or at least twice a week!



- MAKE SURE THE CHAIR YOU USE IS STURDY
- WEAR SUPPORTIVE SHOES
- IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CALL YOUR GP OR CALL 111
- A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL



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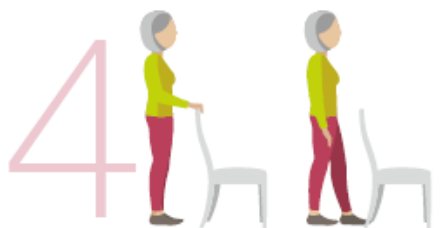
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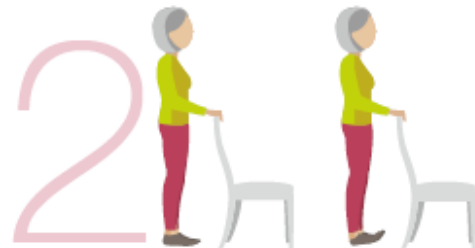
Heel Raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.



Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.



Toe Raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.



Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.



Sit to Stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.



One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.



Make sure the chair you use is sturdy

Wear supportive shoes

If you experience chest pain, dizziness or severe shortness of breath, **STOP** and call your GP or 111

A slight soreness the day after is quite normal

Support to be active in Calderdale

- Active Calderdale – [Supporting you to be active guide](http://www.active.calderdale.gov.uk) (www.active.calderdale.gov.uk)
- [Ageing Well sessions](http://www.new.calderdale.gov.uk/sports/activities-and-classes/ageing-well) at Calderdale Sports Centres (www.new.calderdale.gov.uk/sports/activities-and-classes/ageing-well)
- [Age UK Calderdale & Kirklees](http://www.ageuk.org.uk/calderdaleandkirklees) (www.ageuk.org.uk/calderdaleandkirklees) Activity classes and sessions across Calderdale 01422 252 040.
- Calderdale's [Better Living Service](https://new.calderdale.gov.uk/health-and-social-care/better-living-service) (<https://new.calderdale.gov.uk/health-and-social-care/better-living-service>) provides advice and guidance to help you get active. The [Steps 2 Health](#) sessions at Brighouse and Sowerby Bridge Leisure Centres support people with long-term conditions to be active 01422 230230.
- [Chance to Dance](https://www.facebook.com/people/A-chance-to-Dance/100080619962120/) (<https://www.facebook.com/people/A-chance-to-Dance/100080619962120/>) Fun and inclusive opportunity to dance like no one is watching! Hebden Bridge Town Hall and other locations.
- imtforever.co.uk provide activities like the [Meet, Move & Mingle](#) sessions that support strength, mobility, balance and wellbeing. Various Locations 07510 187211
- [Plus Health Company](#) Offers a range of exercise classes including a physiotherapist-led strength, conditioning and balance programme called Step up and Wobble alongside individual appointments as needed. Classes and appointments run year-round, booked in advance. Unit 4B Broad Street Plaza in Halifax 07824 380358.
- [Tai Chi Tigers](https://www.lifeqi.co.uk/) (<https://www.lifeqi.co.uk/>) develop a flexible and balanced body using the traditional principles of T'ai Chi. Various Locations 07810 094 395
- [Calderdale Forum 50 Plus - In-Touch Directory](#) of Health, Wellbeing & Fitness groups in Calderdale



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Home Safety

The home can be one of the biggest falls risks of all. The following everyday habits can reduce your risk of a fall at home:

- Remove clutter and use non-slip mats and rugs.
- Keep rooms and staircases well lit.
- Wear well-fitting shoes — avoid slippery floors in socks or tights
- Organise the home so there's no need to climb or stretch for everyday items.
- Keep the home at least 18°C (64.4°F). Cold homes increase falls risk.



Use the room-by-room checklist on the next page to identify risks in your home.





Use the room by room check sheet on the next page
to consider fall hazards in your home.

The check sheet has been produced by **ROSPA**
The Royal Society for the Prevention of Accidents

Have a look at the [ROSPA Falls Prevention Hub](https://www.rospa.com/home-safety/falls-prevention)
<https://www.rospa.com/home-safety/falls-prevention> for more resources.



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Preventing falls at home



accidents don't have to happen

Room by room check sheet

At the front and back door



- ☐ Paths, steps and patios are even and well maintained
- ☐ Handrail is in place next to steps
- ☐ Walking route is well drained and free of pots, fallen leaves etc.
- ☐ Door mat is secure and won't slip

On the stairs and landing



- ☐ Carpet is in good condition and is not heavily patterned
- ☐ Free of clutter like shoes or papers
- ☐ Handrails on both sides of the stairs
- ☐ Handrails fitted securely along the full length of the stairs
- ☐ No loose, broken or wobbly steps
- ☐ Good lighting can be switched on from the top or bottom of the stairs.

In the bathroom



- ☐ Non-slip mats are in place for the bath or shower
- ☐ Grab rails are securely fitted beside the bath, toilet and shower
- ☐ A bathmat is used to minimise wet floors after a bath or shower.

In the kitchen



- ☐ Flooring is slip-resistant and in good condition
- ☐ Everyday use items are stored within easy reach around waist height
- ☐ A sturdy stool with a handle is available for reaching higher items
- ☐ Spills are cleared up and wet patches are investigated to fix the cause of leaks.

In the hallway and living room



- ☐ Carpets are in good condition
- ☐ Rugs are secured and won't slip
- ☐ Walking routes are clear and free from furniture or other obstacles
- ☐ Cables and wires are kept tidy and away from walkways
- ☐ Floor is free from clutter such as magazines, shoes and bags.

In the bedroom



- ☐ Floor is free of clutter, particularly around the bed
- ☐ A light is available with easy reach from the bed
- ☐ Slippers fit well and are in good condition.

Comments:

Property type:

Step-free access: ☐ Yes ☐ No

Number of bedrooms:

Date:

Name:

Home safety support in Calderdale

[Age UK Calderdale & Kirklees Handyperson Service](#) - 01422 252040

[Healthy Homes Service](#) – Energy Efficiency and Warm Homes – 01422 288002

[Accessible Homes Agency](#) – Adapting or improving homes – 01422 288002

[Green Doctor](#) – Free and impartial advice to help you save energy and reduce bills – Register online

[Housing Options in Calderdale](#) – 01422 392460

[West Yorkshire Fire Service](#) – Safe and Well Visits - 0800 587 4536



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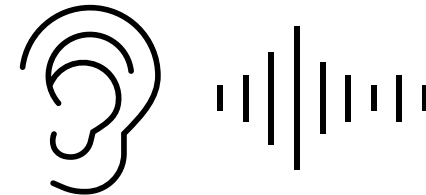
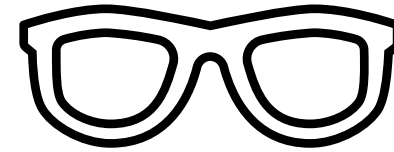
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Eyesight and Hearing Checks

- **Free NHS Eye Tests:** Available at high-street opticians for eligible adults aged 60 and over, or those with specific medical needs.
 - [Find an NHS sight test near you](https://www.nhs.uk/service-search/find-an-NHS-sight-test/location)
<https://www.nhs.uk/service-search/find-an-NHS-sight-test/location>
- **Hearing Checks:** Visit your regular doctor first if you experience hearing loss or ear symptoms. GPs can refer patients to audiology service for full hearing tests and device fittings.
 - You can also take a free online hearing test with the [RNID](https://rnid.org.uk/information-and-support/take-online-hearing-check/)
<https://rnid.org.uk/information-and-support/take-online-hearing-check/>



Eating, drinking and ageing well

Having a nutrient-rich diet over the age of 65 is important for everyone, which means choosing foods with slightly more protein, calcium, folate (folic acid) and vitamin B12. The amount of carbohydrates, sugar, fibre, fat, and salt you need are likely to remain the same as for younger adults.



Enjoyment of eating and drinking

Taking pleasure in food and drink can help you eat well and maintain your health.

Enjoyment can be increased by getting involved in choosing food and drinks that you like and preparing, cooking and serving meals. For some, sharing a meal with friends or family helps or for others eating alone is more beneficial.

Cultural and religious identity is often linked with food and drink too and is there to be celebrated.



Weight

As you get older maintaining your weight is usually best for good health, giving you enough energy to stay well, socialise and be active.

If you have a low body weight you may need some support. If you are very overweight, losing weight may be good for your health but it is important to still eat a nutrient-rich diet, take regular activity and maintain muscle. If you are slightly overweight, losing weight might not actually improve your health.



Activity

Moving more and keeping active, together with eating a nutrient-rich diet keeps your muscles, bones and joints strong.



Any level of activity is linked to health benefits



Improves Sleep



Manages Stress



Reduces your chance of

- 40% Type II Diabetes
- 35% Cardiovascular disease
- 30% Falls, depression etc.
- 25% Joint and back pain
- 20% Cancers (colon and breast)



Maintains Healthy weight



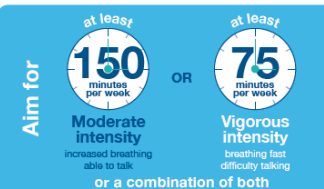
Improves Quality of life

Be active everyday

Make a start today: it's never too late

Any activity is better than none, and more is better still

Every minute counts



For older adults
Improve balance
2 days a week to reduce the chance of frailty and falls

Minimise sedentary time
Break up periods of inactivity

Vitamin D



Vitamin D supports bones, muscles and teeth. It helps preserve muscle strength, preventing falls, the softening of bones and the risk of fractures.

Vitamin D supplements purchased from a supermarket or pharmacy should provide 10micrograms (400 IU) each day and are the most effective way to meet your needs.

They should be taken in winter but you may benefit from them all year round. Vitamin D3 is your best choice, however, people following a vegan diet may find vitamin D2 more useful.



Supported by:



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Eating, drinking and ageing well. A nutrient-rich diet is...



Fruit and vegetables

Fruit and vegetables provide a wide range of vitamins and minerals. Have at least five varied portions every day. Pick leafy greens like kale, spinach, and lettuce which are good sources of folate.

1 portion =

80g	fresh, frozen or canned
30g	dried



1 portion =

190g	cooked pasta, rice or grains
80g	bread or chapati/roti
30g	breakfast cereal or flour
150g	potato, sweet potato, yam, cassava, plantain

Carbohydrate (Starchy)

Carbohydrates provide energy, especially for the brain. Have one portion of something starchy at each meal.



Fibre

Fibre gets your gut working normally, supporting good gut bacteria and it can also help mental health. To help maintain a healthy gut choose wholegrain carbohydrate options and eat fruit, vegetables, beans and lentils.



Protein

Protein is good for muscle strength, so have at least one portion with each meal. Consider having two or more portions of fish per week, one of which is oily, such as salmon or mackerel. Limit processed meats.



1 portion =

90g	cooked meat or poultry
140g	fish or shellfish
2	eggs
100g	meat alternative
150g	cooked beans or lentils
30g	nuts

Milk and milk-based foods

Milk and milk-based products are a key source of calcium. Have three portions of milk and milk-based products per day such as milk, yoghurt, or cheese. If you don't like, or can't have milk and milk-based foods, choose calcium-fortified milk-free alternatives.



1 portion =

200ml	milk
30g	cheese
125g	yoghurt

Fat

Fats are high in energy and should be eaten sparingly but they can help you absorb vitamins like A, D, E and K. Limit high-fat foods like processed meats and pastries. Swap butter/ ghee for unsaturated vegetable, rapeseed, olive and sunflower oils and spread. Nuts and seeds are also good choices.



Vitamin B12

Intake can be low in older adults but vitamin B12 can help maintain energy levels and health. Regularly have foods fortified with it, for example breakfast cereals or yeast extract, or have animal products including lean meat, fish, poultry, eggs, milk and milk-based foods as outlined above.

Drinking enough?

Fluid is also important as you age. As you get older, you might not recognise the feeling of thirst as you used to, but you still need to drink. All fluids count, not just water. Other fluids include tea, coffee, milk, squash, fruit juice, fizzy drinks, hot chocolate and weak alcoholic drinks (up to 4% strength (ABV)). Water, tea, coffee (without added sugar) and milk are the best choices for your teeth. Men and women have slightly different fluid needs:

WOMEN
at least
1600 ML
per day
= 3 PINTS

MEN
at least
2000 ML
per day
= 3½ PINTS

250ml
7-8 FULL
MUGS A
DAY

150ml
11-14 FULL
CUPS A DAY

- Cups & glasses can be lots of different sizes so it's important to know how much fluid they hold.
- Drinking often during the day can be the key to getting all the fluid you need.

If you drink less than the amount advised and are worried that drinking more might cause you problems controlling your bladder, please discuss this with a healthcare professional.

Alcohol



Alcohol isn't an essential nutrient and intake should not exceed national recommendations of 14 units per week. Spread your intake across the week, rather than drinking in large quantities in one go – and have some alcohol-free days.

Sugar



Sugar doesn't provide the body with anything it needs to keep well. Limit your intake of sweet snacks, sugary drinks and confectionery.

Salt



Salt can make food tastier but too much can increase your risk of high blood pressure. Limit it and try replacing with herbs, spices, garlic, vinegar and lemon juice. Reduce your intake of processed meats and salty snacks, as well as the amount of salt you add when cooking or at the table.

Think: EAT – MOVE – SLEEP – CONNECT



Ageing well

Are things taking a bit longer?

Just because you are ageing doesn't mean your life needs to stop!

Ageing Well Service

In Calderdale we have more than 40,000 people aged over 65 years. The Ageing Well Team help to support this group of people. They take a proactive approach to providing person centered care, helping you to age well within your own home. They take an all-round approach looking at your physical, mental, and social wellbeing and ensuring that they focus on what matters to you.

The Ageing Well Team is made up of a Specialist Health Care Practitioner from a Nursing or Therapy background, Social Prescribing Link Workers, Care Co-ordinators, and Clinical Pharmacy Team. The team work closely with Primary Care, Secondary Care, Local Authority and Voluntary Organisations to streamline and improve co-ordination of patient care.

They aim to:

- Reduce GP visits and appointments
- Reduce hospital admissions and length of stay (where applicable)
- Reduce falls
- Improve medication management
- Reduce loneliness
- Increase health confidence and patient activation
- Improve wellbeing

The Team campaign focuses on promoting health around Eat – Move – Sleep – Connect, vital aspects to Ageing Well, along with The Calderdale Vision "Older People have strong social networks and live in vibrant communities"

EAT

Maintaining a balanced diet can help keep both physical and mental health issues at bay.

The NHS Eatwell Guide to maintaining a healthy diet recommends the following:

- Eat at least 5 portions of a variety of fruit and vegetables every day (these can be fresh, frozen, canned, or dried).
- Base meals on potatoes, bread, rice, pasta, or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks and yoghurts)
- Eat some beans, pulses, fish, eggs, meat, and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day
- Avoid foods that contain high levels of fat, salt and sugar or eat this type of food less often and in small amounts.

Remember, one person's nutritional needs can be very different from another's. It is about finding a balance that is enjoyable, manageable, and sustainable for you.

If you having difficulties making your own meals, or have concerns about your weight, whether this be weight loss or weight gain, healthcare professionals are available to help tailor a support plan to meet your needs. Weight loss is not just a sign of getting older, so it is always important to seek advice.



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MOVE

Mobility is the ability to move or be moved freely and easily. As we age, muscles, bones and joints undergo changes that affect mobility, and our independence. Some of the first visible signs of our muscles changing may be changes to posture and the way we walk, as well as fatigue and general weakness doing everyday tasks.

Benefits from being more active include:

- Reducing falls risk by helping to strengthen your bones and muscles and improve your balance
- Lowering your risk of developing health conditions including obesity, heart disease, stroke, diabetes, and osteoporosis
- Improving your mood
- Improved sleep
- Increased energy levels
- Helping to maintain your independence for longer
- Lessen aches and pains
- Maintain your ability to go out and access services in the community

The government guidelines recommend that older adults do 150 minutes of moderate intensity activity per week as well as strengthening exercises twice a week and balance exercises once a week.

If this sounds like a lot, start small and build up gradually.

REMEMBER EVERY STEP COUNTS!

The different health care teams, including the Ageing Well Team, are here to support you. They will complete an assessment with you about your needs and then create a personalised care and support plan tailored to you. This may include advice on how to reduce falls, increase activity levels, give strength and balance exercises, signpost to local exercise or walking groups, and advise on equipment and adaptations if required to assist you to mobilise safely.

CONNECT

Being worried, low, or out of sorts are not just part and parcel of getting older – they are important signs that you are not feeling as well as you should be. Loneliness and isolation can lead to depression and a serious decline in physical health and wellbeing. Getting involved in social activities can be a good way to reduce these feelings and maintain social connections.

Unsure what is available in your area?

The Social Prescribing Link Workers linked to your GP practice can help link you in with groups that would be of interest to you. However, if going to social groups is not for you then the team can help you explore ways of keeping your mind occupied at home. If mobility is the reason for not being able to leave the house, then the Ageing Well Team can assess and advise on ways to improve your mobility and help you to access community transport links to enable you to attend events. Telephone and face to face befriending services are also available.

Pride can often be a reason people do not admit to feeling lonely or seek support so why not call a friend today and have a chat, as you never know who might be feeling lonely or isolated.

Looking after your health is not just limited to the areas above it is also important to consider your mental health, lifestyle choices, medicine management, memory, foot care, eyes, ears and oral health to name a few.

Please speak to your GP if you would like further support around Ageing Well. They can arrange for a member of the team to contact you to discuss an assessment.



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SLEEP

Most adults need around 8 hours sleep each night. Poor sleep quality can leave you feeling tired and grumpy and can also influence your level of concentration, mood, and increase your risk of falls.

Things that can be done to improve sleep quality include:

- Exercise
- Reduce bedroom distractions such as mobile phones, cats, televisions
- Avoid substances that discourage sleep – such as caffeine late in the day and alcohol
- Having a good bedtime routine

What do patients say about the Ageing Well Team?

*You brought out
a little bit of the
old spark in me*

*I have had the chance to talk about my
problems and been linked to services
which have been a great help as I would
not have thought about asking these
services for support.*

*I don't feel
on my own*

*At first, I thought why do I
need this. Good to know there
is someone you can contact
especially when there are a lot
of barriers to accessing GPs.*

*It's amazing! Dad is the kind of chap who
wouldn't ordinarily have been on anyone's
radar so it's great to know we are all
pro-actively involved in his care, keeping him
healthy, and at home and as independent as
he can be.*

Additional resources and support

- [Age UK Calderdale and Kirklees](#)
 - 01422 252040 / enquiry@ageukck.org.uk
- [Age Concern Todmorden](#)
 - 01706 817 926 / support@ageconcerntodmorden.org
- [Gateway](#) – Access to community therapy
 - 01422 393000 / gatewaytocare@calderdale.gov.uk
- [Staying Well](#) – Support to stay independent and well
 - 01422 392767 / stayingwellproject@nhpltd.org.uk
- [West Yorkshire Fire Service](#) – Safe and Well Visits
 - 0800 587 4536 / sdah@westyorksfire.gov.uk



**Age Friendly
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Calderdale Falls Prevention Pathway

Have you had a fall?
Do you have a fear of falling?

No

But I would like more information about how to maintain my strength and balance

Did you know?

The personalised Care Teams of Social Prescribers and Ageing Well Practitioners can support you with healthy lifestyle advice and connect you to activities.

Contact your GP surgery for more information.

General movement and exercise resources to keep you active at home and in your community.

Have a look at the links, resources and handy tips on the other side of this pathway to keep yourself strong and active, and to reduce your risk of a fall.

Yes

See the information below about the falls prevention referral pathway

You can **self-refer** to **Gateway**
by phone: 01422 393000
or email: gatewaytocare@calderdale.gov.uk

You will be triaged by NHS Services, your needs will be identified, and an appropriate pathway will be allocated

You will be assessed by a member of the Community Rehabilitation Team to see what option is best for you. It may be one or more of the following:

Environmental assessment
at home, walking aids,
assistive equipment etc.

Personalised home
exercise programme
specific to assessment

Finding Your Feet Group Exercise Programme

Todmorden Health Centre
(Tuesday's 10:30-11:30am)

YMCA Halifax
(Wednesday's 1:00-2:00pm)

Brighouse Health Centre
(Thursday's 10:30-11:30am)

Onward signposting following discharge from the Community Rehabilitation Team to appropriate services and information or community physical activity provision

Created by the Calderdale Falls Prevention Network

Calderdale Falls Prevention Pathway

Falls Guidelines & Resources

Links for self-help guidance and support

NHS Falls
Nice Guidelines April 2025
CHFT Falls Prevention Service

Calder Connect Falls Advice & Guidance
Age UK Calderdale & Kirklees
Staying Well

Better Living Service
WYFS Safe & Well
Healthy Homes Service



Most of us will have fallen at some time in our lives. For the majority, a fall will be nothing more than a bit embarrassing but there is always the risk that a fall could lead to broken bones or other complications. There are things that you can do help reduce your risk of a fall. See the tips and links below for more information. If you have fallen or worry about falling, you can **self-refer** to Gateway by phone: 01422 393000 or email: gatewaytocare@calderdale.gov.uk



- To stay steady on your feet and keep bones and muscle strong - aim to do strength and balance activity at least twice a week
- Exercise helps build confidence
- Exercise helps improve your mood and your sleep

FOOT CARE AND FOOTWEAR



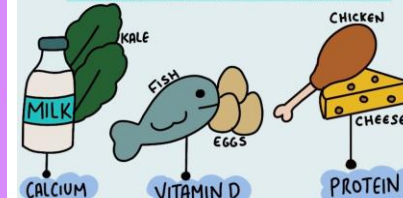
- Ensure footwear fits properly
- Make sure footwear has a cushioned, light, flexible rubber sole & good grip
- Try to avoid backless footwear and heel height above 1 inch
- Take care of your feet, seek support for conditions e.g. bunions

SENSORY LOSS - VISION AND HEARING



- Regular vision & hearing checks can help prevent falls
- If you have them, remember to wear your prescribed hearing aids or glasses
- Ensure glasses are clean and hearing aid batteries are charged

NUTRITION AND HYDRATION



- A healthy diet can help you keep strong and independent later in life
- Calcium & Vitamin D keep bones strong
- High protein foods help maintain your muscles
- Dehydration can cause dizziness & low blood pressure - drink regularly throughout the day

ENVIRONMENT, AIDS AND ADAPTATIONS



- Be careful of trip hazards e.g. trailing wires, rugs, uneven or slippery floors and pets
- At night, put a light on when going to the toilet
- Ensure walking sticks and other aids are right for you and in good condition

MEDICATION AND ALCOHOL



- Some medications make you dizzy or drowsy which increases the risk of falls
- Your medication review should be done by your GP every 12 months
- Too much alcohol can lead to falls, weaker bones & affect your balance
- Your local pharmacist can give further advice on medications and falls

LONG TERM CONDITIONS



- Some conditions such as diabetes and dementia can increase your risk of falls
- If you have had a fall, or think you are at risk of a fall, ask for advice from a healthcare professional

Join the Age Friendly Calderdale Network

In partnership with [Calderdale Forum 50 Plus](#) and [Age UK Calderdale & Kirklees](#) the Age Friendly Calderdale Network will:



- Champion the voices of those aged 50 and over
- Share ideas for making Calderdale an Age Friendly Community
- Provide opportunities to get together, share experience and celebrate the contributions older people make to Calderdale

The network is open to anyone aged 50 plus and any organisation that provides support, services or opportunities for older people.

Sign up here: [Join the Age Friendly Calderdale Network](#)

It's free to sign up and you will receive the Calderdale Forum 50 Plus newsletter to keep you informed about Age Friendly Calderdale and the things that matter to you.

Age Friendly Calderdale is a member of the [UK Network of Age Friendly Communities](#).



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