

# Brighton & Hove Community Screening Tool for Falls Risk

You can help to increase strength and balance in adults and support them with confidence and skills to reduce their risk of falling.

An easy and effective way of doing this is to ask the simple questions below and use the advice given based on the answers:

Q1. Have you had a fall in the past year? Yes  No

Yes

No

Introduce the **Get up & go** booklet and checklist. Discuss simple actions to reduce their risk of falling. Advise them of local strength and balance exercise groups such as **Standing Tall**, and the **Ageing Well Service**.



Please ask all questions from Q2. to Q6.

Q2. Have you had more than one fall? Yes  No

Q3. If you have had a fall, are you less able to do the things you used to be able to before the fall?

Yes  No

Yes

If the person answers **Yes** to any one of **Questions 2 to 5**, please discuss referral to the specialist **NHS Falls and Fracture Prevention Service**.

Q4. Do you or your relative/carer worry that you might have a fall?

Yes  No

No

If the person answers **No** to all these questions please follow advice in the **green box** above.

Q5. Do you feel unsteady or have difficulties with walking or balance?

Yes  No

Q6. Have you had an unexplained fall or a fall as a result of losing consciousness or dizziness?

Yes  No

Yes

Please encourage and support the person to visit their GP as soon as possible for further investigation and discuss referral to the **NHS Falls and Fracture Prevention Service**.

## Get up and go: a guide to staying steady

This helpful booklet tackles common myths about falling. It contains a checklist to help you to decide whether you are at risk and there's advice on how you can reduce your chances of having a fall by improving your balance, muscle strength and more.

[www.csp.org.uk/publications/get-go-guide-staying-steady](http://www.csp.org.uk/publications/get-go-guide-staying-steady)

## Standing Tall strength and balance classes in Brighton & Hove

Physiotherapist-led classes for everyone aged 65 and over who wants to keep up or improve their fitness, balance and strength.

Classes cost £6

[www.standingtall.net](http://www.standingtall.net)

## Falls and fracture prevention service

The specialist falls prevention service for people aged 65 and over aims to help people avoid falls and fractures, remain independent and feel more confident in daily activities. The service is offered within clinics or in people's own homes.

Email: [SC-TR.FallsServiceENQS@nhs.net](mailto:SC-TR.FallsServiceENQS@nhs.net)

Call: 01273 265574

## Brighton & Hove Ageing Well Service

Professionals, carers and older people can call the Ageing Well Service to speak to a well-informed team member to get the information they need or for a referral to services, group activities, befriending, and volunteering opportunities. The service ensures information is easily available in one place, helps older people to improve and maintain their health & wellbeing and get the best from life in the city.

[www.ageingwellbh.org](http://www.ageingwellbh.org)

Email: [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)

Call: 01273 322 947

## Healthy Lifestyles Team

Get support on a wide range of healthy lifestyle services for people living and working in Brighton & Hove including:

- Health improvement advice (from the Health Trainers)
- Smoking Cessation Support
- Weight Management Support (provided by BeeZee Bodies)
- Increasing Physical Activity (Active for Life and Healthwalks Programmes)
- Health Checks
- Workplace Wellbeing Checks

Email: [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

Call: 01273 294589

Sign up for support from the team at:

[www.brighton-hove.gov.uk/healthy-lifestyle-referrals](http://www.brighton-hove.gov.uk/healthy-lifestyle-referrals)

### Further information:

For information on how to reduce your chances of falling, where to get help or advice, and support if you've had a fall, please visit:

[www.brighton-hove.gov.uk/falls](http://www.brighton-hove.gov.uk/falls)

The Health & Adult Social Care directory is an easy-to-use, online directory listing local Brighton & Hove and national organisations and services to support everyday living:

[www.brighton-hove.gov.uk/adult-social-care-hub/health-and-adult-social-care-directory](http://www.brighton-hove.gov.uk/adult-social-care-hub/health-and-adult-social-care-directory)

This screening tool was developed in partnership with the Brighton & Hove Falls Prevention Steering Group

**Your healthy lifestyle**

  
**Brighton & Hove  
City Council**