**Falls Prevention Team (Plymouth)**

[livewell.fallstherapyteam@nhs.net](mailto:livewell.fallstherapyteam@nhs.net)

The Falls Prevention Team provide **early and effective therapy and exercise interventions** to maximise a person’s independence and quality of life for people aged 55 years and over.

We deliver assessment and interventions to people who are suitable/eligible for the service (see table below), within clinic settings, or the individual’s own home (if indicated):

* Specialist assessment (physio and exercise), including multifactorial assessments/screening.
* Vestibular screening.
* Falls management exercise (FaME) groups.
* On and off the floor practice (to help prevent long lies).
* Falls awareness outreach and education.

This is a prevention service which **does not provide urgent care**. Refer to the current urgent care guidance for advice.

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| **Inclusion Criteria** |  |
| * The person is a Plymouth resident * Aged 55 or over   **PLUS the person:**   * Has experienced one or more falls in the last 12 months OR * Has fear of falling OR * Is becoming increasingly unsteady (near miss falls reported) or feeling concerned about their balance such that they are stopping doing the activities they enjoy | * Falls Prevention Team |
| **The person is:** | |
| Independently able to walk around their own home and outdoors with or without a walking aid | * Falls Prevention Team |
| Independently leave their property on foot to socialise, go shopping, and attend appointments without needing the physical assistance from another. | * Falls Prevention Team |
| Independently able to undertake activities of daily living without assistance from another person (though may be finding them more challenging) | * Falls Prevention Team |
| Independently able to follow simple instructions and monitor their own effort/challenge | * Falls Prevention Team |
| Interested to gain benefits from exercise (group and at home self-monitored) | * Falls Prevention Team |
| **Exclusion criteria – please consider alternative referral using the appropriate referral form** | **Comments** | |
| Under-55 | Refer to MSK Physio/CTT | |
| Requires physical assistance to access the community or very limited outdoor mobility | Refer to Community Therapy Team | |
| Unable to participate in exercise for medical reasons/ contraindications for exercise | Dependent on needs | |
| Unable to manage activities of daily living independently e.g., requires MDT management, care package etc. | Refer to Community Therapy Team | |
| Reliance on four wheeled walker or zimmer frame e.g., unable to achieve 30 seconds in unsupported stand | Refer to Community Therapy Team | |
| Wheelchair user | Dependent on needs | |
| ALL Residents in care homes | Refer to Community therapy team/ Care home team | |
| Progressive neurological condition /marked neurological deficit | Refer to CTT / neuro rehab team | |
| Vestibular diagnosis with no other multifactorial falls assessment needs. | Refer to MSK Physio | |

**All other referral sources: LRSS livewell.therapyreferrals@nhs.net (including a copy of the appropriate referral form with your email)**

**or** [Adult Social Care Professional Referral - Plymouth Online Directory](https://www.plymouthonlinedirectory.com/adultsocialcare/professionalreferral)

**Falls Management Exercise Programme (FaME) or Falls Prevention Physiotherapy Team?**

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| **FaME:** Refer direct via the green star on SystmOne or email completed referral form to: [livewell.oyp@nhs.net](mailto:livewell.oyp@nhs.net) | **Falls Prevention Physiotherapists:**  Refer direct via the green star on SystmOne or email completed referral form to: [livewell.therapyreferrals@nhs.net](mailto:livewell.therapyreferrals@nhs.net) |
| **Mild** gait/balance disorder and/or signs of deconditioning. (able to issue a walking stick only) | **Marked** gait/balance disorder and /or requiring full review of mobility aids |
| **3 falls or less in the last 12 months** (if greater than this – has had a CGA/Multifactorial falls assessment and risk factors have been managed) | **>3 falls in the last 12 months**, or a **fall requiring hospital admission in the last 3 months** requiring a multifactorial falls assessment. |
| **Not** undergoing any investigations or treatments for conditions or unexplained falls that may affect the ability to take part in **structured exercise** e.g., cardiology, surgery, falls clinic, ongoing physiotherapy etc. | Undergoing investigations or treatments that affect ability to take part in structured exercise, however, **would still benefit from 1:1 exercise**. |
| **Able to stand from a chair of knee height** without assistance to stand and balance | Marked difficulty standing/balancing from a chair of knee height/requires assistance |
| Able to stand for **2 minutes or more without holding on to support** | Able to stand for **30 seconds or more without holding on to support** |
| Able to **follow instructions** and know when they need to rest | Able to **follow instructions** and know when they need to rest |
| Motivated to try FaME and attend for 6 months | Motivated to try 1:1 exercise |

**What is offered**

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| **Exercise Specialists (clinic based and community venues) - FaME** | **Physiotherapists (clinic based and home visit if indicated)** |
| **Assessment** | |
| Multifactorial falls screening using questionnaires, including main falls risk factors (non-medical) | Multifactorial falls assessments (non-medical) |
| Strength, balance, flexibility, mobility, fear of falling, physical activity, motivation and barriers, lying/standing BP and basic observations, bone health screening. | Gait, mobility aids, vestibular screening, strength, balance, flexibility, mobility, fear of falling, physical activity, motivation and barriers, lying/standing BP and basic observations, bone health screening, home environment assessment if indicated. |
| **Interventions** | |
| Provision of tailored advice and onward referrals e.g., trusted assessors for equipment assessment, podiatry, orthotics, ASC, GP/other healthcare professionals, weight management, smoking cessation etc. | Provision of tailored advice and onward referrals e.g., equipment orders, podiatry, orthotics, ASC, GP/other healthcare professionals, weight management, smoking cessation etc. |
| - Tailored, progressive 6-month small group exercise, including endurance, balance, strength, flexibility, mobility, backward chaining and floor coping skills.  - Information exchange sessions include specific discussions regarding falls risk factors, motivation, home exercise support etc.  - Provision of walking stick  - Support on to other exercise opportunities at the end of FaME | -1:1 strength and balance exercise  -Vestibular rehabilitation  -Backward chaining chaining/floor coping strategies  -Behaviour change support  -Tailored information  -Gait re-education and provision of mobility aids, indoor and outdoor mobility  -Support on to other exercise opportunities, including FaME |
| **Health Promotion** | |
| -The Team are involved in multiple health promotion events across the year in collaboration with other organisations, including VCSE:  -Healthy ageing/bone health workshops that include information exchange, functional fitness MOT’s and signposting/onward referrals.  -Networking events  -Informal drop-ins  -The Team also offer bespoke sessions by request | |