

# Falls Prevention for older people



Cardiff and Vale University Health Board are working in partnership with a range of organisations to implement initiatives around preventing falls in older people. A third of all older people aged over 65 will have a fall every year, and it can have a major impact on their lives in terms of physical and emotional wellbeing.

However, falls are not inevitable and there are a range of interventions that can be put in place to reduce the risks. **Three key things are:**

- falls should be reported to someone, so that early intervention can happen,
- people need to be aware of slip and trip hazards in their home environment,
- maintaining and improving strength and balance is crucial.

## Long Term



The prevention of falls over the long term will lead to less injury and incapacity, savings for health and social care, and increased ability for people to remain living independently in their own homes. There is a significant evidence base for the prevention of falls.

## Prevention



Public Health Wales is leading a campaign around falls prevention called 'Steady On Stay Safe' which aims to educate the public on what can be done to reduce risks. A number of community based strength and balance exercise classes run across Cardiff and Vale which are available to anyone to attend, and health professionals signpost patients to them.

## Integration



The Ageing Well in Wales Programme and the Strategy for Older People in Wales 2013-2023 both recognise the importance of reducing falls amongst older people.

## Collaboration



A National Falls Prevention Task Force is working on a range of initiatives across Wales, partners on this group include all 7 Health Boards, Age Cymru, Welsh Ambulance, Ageing Well in Wales, South Wales Fire and Rescue and the Chartered Society of Physiotherapists.

## Involvement



A key part of the delivery of the local strength and balance classes in Cardiff and Vale is the time spent at the end of a class having a cup of tea and socialising. This gives people the opportunity to find out about other activities, provide their feedback to the instructor and benefit from the social interaction, as many older people experience loneliness and isolation.

The community based strength and balance classes offer an opportunity for older people to do evidence based exercise to prevent falls. They are run in leisure centres, community centres and church halls by independent instructors.

[www.cardiffandvaleuhb.wales.nhs.uk/falls-prevention](http://www.cardiffandvaleuhb.wales.nhs.uk/falls-prevention)

