Useful Contacts

**Resident’s GP:**

Name:

Surgery:

Tel:

**District Nurse:**  Tel:

**Care Homes Support Team:** Tel: 0300 421 8293

For advice and support from

General Nurses, Mental health Nurses, Occupational Therapist, Dietician or Pharmacist.

**Adult Help Desk** Tel: 01452 426868 For individual referral for:

Community Physiotherapy

Occupational Therapy

Telecare assessment

Social work

**Falls Clinics**

Assessment for local falls clinic should be made via the resident’s GP.

Gloucester Royal Hospital

Dilke Community Hospital

Cheltenham General Hospital

**Care Home Support Team can deliver falls awareness training in your home.**

 **CHST host yearly Falls Awareness Training Events**

Email: CHST@glos-care.nhs.uk Website: [www.glos-care.nhs.uk](http://www.glos-care.nhs.uk)

Follow links: Our Services/Specialist Care/CHST/Falls

Age UK

A useful resource for information and training with regards to older people’s issues.

Supply of information Leaflets: Staying Steady

 Fitter Feet

 Managing your medication

 Healthy bones

Producing reports:

Preventing falls – managing the risk and effect of falls among older people in care homes [www.ageuk.co.uk](http://www.ageuk.co.uk)

Disabled Living Foundation. [www.dlf.co.uk](http://www.dlf.co.uk)

Run courses and provide information on equipment for people with disabilities.

[www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk/) - Clear practical advice on daily living equipment

[www.gfitness.co.uk](http://www.gfitness.co.uk) - Providing health, fitness and wellbeing for everyone.

Includes falls prevention exercises for care home residents.

[www.extend.org.uk](http://www.extend.org.uk)

Organisation providing training in exercise specifically for older people.

[www.laterlifetraining.co.uk](http://www.laterlifetraining.co.uk)

Provide OTAGO training for exercise for falls prevention

NICE Guidelines on Falls Prevention: [www.nice.org.uk/guidanceCg161](http://www.nice.org.uk/guidanceCg161) [www.nice.org.uk/guidance/QS86](http://www.nice.org.uk/guidance/QS86)

Managing Falls and Fractures in care homes for older people. (SCSWIS, 2011)

Managing Falls in Care Homes. (Bexley NHS PCT)

The Facts: Falls. (Darowski, A. 2008). Oxford University Press. ISBN: 978-0-19-954128-7

Falls in Older People: Risk factors and strategies for prevention. (Eds. Lord, Sherrington, Menz & Close. 2007). Cambridge University Press. ISBN: 978-0-521-68099-8