

# Community Falls Prevention and Management Service



## WHAT DO WE DO?

Our team consists of a range of health professionals who provide individualised falls assessment and interventions. These interventions may include:

- Telephone advice
- Multi professional falls assessment
- Multi professional exercise and education programme
- Tailored programmes eg. anxiety management
- Community strength & balance programme
- Onward referral to appropriate services eg. home environmental checks by Belfast Home Safety and Repair Service and Northern Ireland Fire & Rescue Service.

### Multi Professional Exercise & Education Programme

12 week exercise programme and informative talks by various health professionals on coping with falls and reducing falls risks.

### Community Strength & Balance Programme

12 week exercise programme delivered in your local community by our trained activity coach. On completion of class information will be provided on a range of active ageing programmes eg. walking groups, yoga.

## WHO IS ELIGIBLE?

Our service is available to anyone over 65 years of age living in the Belfast Trust Area who has a fear of falling, has a history of falls or near misses, or lacks confidence with their balance and walking.

## WHO CAN REFER?

Any health care professional, your consultant or GP. We also accept self referral for falls exercise programmes.

**Refer to:** FallsServices@belfasttrust.hscni.net

**Direct line:** 028 9504 7656

Referrals can also be made by Northern Ireland Ambulance Service, Belfast Home Safety and Repair Service and Northern Ireland Fire & Rescue Service.