

# Community Falls Prevention

## Patient Information – Te Whatu Ora Waitaha Canterbury

### Community Based Falls Prevention Programme

#### The Falls Prevention Service

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A free service designed to reduce falls in our community, and hospitalisation as a result of falls. The idea is to regain, maintain and sustain your independence.

- Are you worried about falling?
- Are you concerned about a family member or friend falling?
- Have you fallen in the last 12 months?
- Are you aged 65 years or over?

#### *Did you know?*

- Falls are *NOT* a normal part of ageing.
- Many falls can be prevented.
- Impaired strength and balance contribute to most falls.
- Women are one and a half times more likely to fall than men.

#### The service includes

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- A home visit from a physiotherapist, occupational therapist or registered nurse, who will conduct a falls assessment and draw up a personal falls prevention programme for you.
- A home hazard check
- Supervision by a registered nurse, physiotherapist, occupational therapist or qualified instructor
- Evidence and needs based programmes aimed at improving strength and balance for older people at risk of a fall.
- Where appropriate, the programme will be aligned with other services you may already be receiving

#### What is the Modified Otago Exercise Programme (MOEP)

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This is a year-long home-based exercise programme where the Falls Champion designs and monitors an exercise programme for you to increase your muscle strength and balance. MOEP is the most appropriate programme for 70% of people referred to the Community Falls Prevention Service.

## What other support is provided?

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If you do not require the MOEP, your Falls Champion will work with you to determine, and support you participating in, the most appropriate service from

- Home based multi-component exercise programmes with an emphasis on strength and balance (overseen by Falls Champion)
- Community based falls prevention groups (e.g. group based OEP, Modified Tai Chi in community settings)
- Community based group exercise classes
- Referrals to other specialist support or services (as identified by your Falls Champion)

## What can I do to prevent a fall?

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- Your carpets and rugs should lie flat and be non-slip OR lift these up completely.
- Keep walkways clear of clutter, i.e. electrical cables, magazines etc.
- Mop up spills in the kitchen and bathroom as they happen.
- Make sure stairs are well lit.
- Make sure your shoes and slippers fit well and have non-slip soles.
- Have your vision checked regularly.
- Have regular medical check-ups with your GP.

## Where can I get more information?

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Contact your General Practice, nurse, physiotherapist, pharmacist or other health professional to discuss if this service would be of benefit to you.

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz).