



# Falls and Frailty

**Ambrose Avenue Group Practice**

---

**At Ambrose Avenue Group Practice we want you to know that we will support you in every way we can. If you need extra assistance or advice, just call the surgery, and ask to speak to the Care Co-ordinator.**

*For the surgery to be able to offer as much support as possible we ask you to provide your next of kin and carer's information, so that we can update your medical record. If you wish for them to be able to discuss your medical records, please notify us of this, so we can add this to your record also.*

### **Ambrose Surgery Staff:**

#### **Clinical Advice:**

Our clinicians can provide support and help to your clinical queries.

#### **Administration Staff:**

**Secretaries:** They can offer advice and help with referrals, letters, and reports.

**Receptionists:** They can advise and direct you to the correct staff members you need to speak to.

#### **Prescription Clerks:**

Our prescription clerks can give advice on your current prescriptions and non-clinical medication queries.

#### **Care Co-Ordinator:**

The Care Co-Ordinator is based at Ardleigh Surgery. They ensure that our patients' care, health needs and wellbeing are being met sufficiently and effectively. The Care Co-Ordinator can take time with our patients to explore what is important to them and direct you to a clinician within the surgery or to other non-clinical support roles if needed.

#### **Care Advisor:**

The Care Advisor can offer advice, support, and information on subjects such as benefits, equipment assessments for your home, occupational therapy assessment for your home aids, contact with appropriate statutory care services, contact with voluntary services and disabled parking badges.

# Modifiable Risk Factors

Having suffered from a fall can be very distressing. We acknowledge that this can affect your confidence and change the way you are able to complete daily living activities.

If this is the case, we suggest that you have an assessment with our Care Co-ordinator so that we can assist you with receiving the support you need and deserve. We would explore potential reasons as to why you may fall in the future and action plan a way to help prevent this.

Adaptations can ease the struggles you may be having with your daily living activities and prevent the risk of further falls and injuries.

## What support can you receive at home?

### Adaptations in your home:

The surgery can arrange for you to have a home assessment for professionals to acknowledge which adaptations would help you the best.

**Railings:** Railings can be fitted around your home to support you with balance. It is important to understand that leaning on door frames, door handles and unstable furniture can cause you to have further falls. Railings can ease daily activities, such as walking up and down steps, balance when showering, getting out of the shower or standing up from using the toilet.

**Raised toilet seat:** This helps with reducing the distance between standing and sitting

Other adaptations could include specialised seating and beds, stair lifts etc.

## **Technology**

Essex County Council provides a free care technology service to residents of Essex. Devices are loaned to patients who would benefit from this service. The devices can be linked to 'Provide', who offer community care services.

There are many devices available to patients. The devices have been proven to reduce hospital admissions and reduce the long-term effects of falls.

Devices which are available for free include:

- Fall recognition devices. They can be linked straight to Provide, carers or family/friends, for quick response times of being helped.
- Medication dispensers & tippers: If you're struggling with opening your medication
- Push button devices: A direct alert is sent for assistance if you have fallen etc

**Please contact the Care Co-Ordinator at the surgery, who will be able to make an assessment and refer you for devices that would be best suited.**

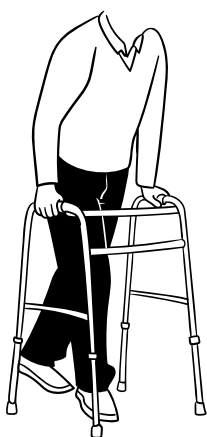
## **Carers**

You may benefit from having support of a carer. Daily living tasks in which you used to be able to complete may have become more difficult for you (even with adaptations made to your home). This could involve dressing, washing, completing housework, and cooking etc. The surgery would be able to make a referral for an assessment to be completed to determine what help is available to you.

## Immobility Resources

Older people who do not get enough opportunity to mobilise can have an increased risk of reduced bone mass and muscle strength, reduced mobility, increased dependence, confusion, and demotivation.

**It is important for your long-term health to move and have adequate physical activity. Being active doesn't have to mean that you work up a sweat, but more keeping active enough which is suitable to your ability.**



### Regular standing

**Try to stand for a short while every hour.**

### Gentle stretches & exercises whilst stationary

**Try some gentle exercises whilst laying or sitting down**

- While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
- Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
- Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
- Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.
- Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).





### *Walking between rooms*

Walk from one room to another and back, and if you're steady enough you could time how long it takes and try to beat the timing each day.

## Exercises for older people

---



### Sitting

#### Getting started

**If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.**

For the exercises that require a chair, chose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

Build up slowly and aim to increase the repetitions of each exercise over time.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. [www.ageuk.org.uk](http://www.ageuk.org.uk)

There are three other sets of exercises in this series: Flexibility, Strength and Balance.  
Go to [www.nhs.uk/exercises-for-older-people](http://www.nhs.uk/exercises-for-older-people) to download.

[www.nhs.uk](http://www.nhs.uk)



## CHEST STRETCH



**This stretch is good for posture.**

**A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.

**B.** Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for five to 10 seconds and repeat five times.

## UPPER BODY TWIST



**This will develop and maintain flexibility in the upper back.**

**A.** Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

**B.** Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.

## HIP MARCHING



**This will strengthen hips and thighs and improve flexibility.**

**A.** Sit upright and away from the back of the chair. Hold on to the sides of the chair.

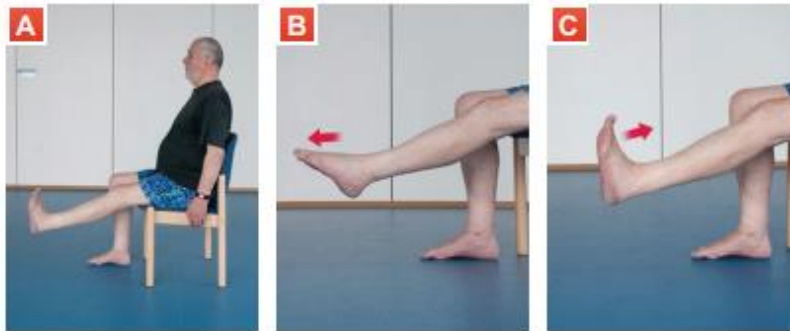
**B.** Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg. Do five lifts with each leg.





## ANKLE STRETCH

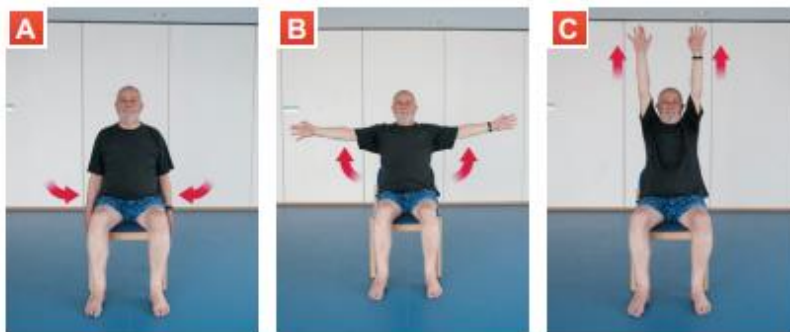


**This will improve ankle flexibility and reduce blood clot risk.**

- A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- B. With leg straight and raised, point your toes away from you.
- C. Point toes back towards you.

Try two sets of five stretches with each foot.

## ARM RAISES



**This builds shoulder strength.**

- A. Sit upright, arms by your sides.
- B. With palms forwards, raise both arms out and to the side and up as far as is comfortable. Then return.
- C. Keep your shoulders down and arms straight throughout.

Breathe out as you raise your arms and breathe in as you lower them. Repeat five times.



## NECK ROTATION



**This stretch is good for improving neck mobility and flexibility.**

**A.** Sit upright with shoulders down. Look straight ahead.

**B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position.

**C.** Repeat going right.

Do three rotations on each side.

## NECK STRETCH



**This stretch is good for loosening tight neck muscles.**

**A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

**B.** Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

Hold each stretch for five seconds and repeat three times on each side.

## **Support Helplines and Organisations**

### **Age UK:**

Website: [Ageuk.org.uk](http://Ageuk.org.uk)

Telephone: 0800 169 2081

### **Age Well East:**

Website: [agewelleast.org.uk](http://agewelleast.org.uk)

Telephone: 0300 373 3333

Email: [enquiries@agewelleast.org.uk](mailto:enquiries@agewelleast.org.uk)

### **CVST (Community Voluntary Service Tendring):**

Website: [CVSTendring.org.uk](http://CVSTendring.org.uk)

Telephone: 01255 425692

Email: [admin@cvstendring.org.uk](mailto:admin@cvstendring.org.uk)

### **Community 360:**

Website: [community360.org.uk](http://community360.org.uk)

Telephone: 01206 505250

Email: [information@community360.org.uk](mailto:information@community360.org.uk)

### **NHS:**

Website: [www.nhs.uk/conditions/falls/prevention](http://www.nhs.uk/conditions/falls/prevention)

### **Essex County Council:**

Website: [www.essex.gov.uk/topic/help-to-live-at-home](http://www.essex.gov.uk/topic/help-to-live-at-home)

Telephone: 0345 603 7630

Email: [socialcaredirect@essex.gov.uk](mailto:socialcaredirect@essex.gov.uk)