

If you're becoming unsteady on your feet or having recurrent, unexplained falls and are unsure who or where to get help or advice, the five steps below should help point you in the right direction.

1

Get the **Taking Positive Steps to Prevent Falls** booklet or refer yourself to the Falls Prevention Team.

2

If you have unexplained dizziness, light-headedness, fainting or falling then visit your GP to consider the cause, particularly if there has been a change in your medications.

3

Consider enquiring about equipment that may help, such as walking aids and personal alarms. Also consider fall-proofing your home for your safety, including installing fire alarms for emergency situations.

4

Speak to AgeUK Wirral about support that they offer.

5

If you have a fall call 111 who will establish the need for emergency services.

If you think your circumstances could be life threatening you should call 999.

Falls Prevention Team

Call them on 0151 541 7709 and ask for their booklet and/or referral form. Or find them on the Healthwatch Wirral Directory at www.healthwatchwirral.co.uk/signposting

The Falls Prevention Team may carry out an assessment of your needs and could invite you to attend a 6-12 week exercise course to improve your core strength.

If you have a fall, follow the 9 steps from "How to get up from the floor safely" on page 30 within the booklet

Equipment

You can also request an equipment or Telecare assessment from the Central Advice and Duty Team POPIN Service on 0151 514 2600. Or to seek additional Social Care support from CADT call 0151 514 2222.

You can call Medequip on 0151 203 0404 to discuss support equipment. You can also visit www.manageathome.co.uk or call into the Medequip shop at 16-17 Thursby Road, Croft Business Park, Bromborough, CH62 3PW

AgeUK Wirral

AgeUK Wirral offer a number of support services (e.g. Community Transport, Hospital Discharge Support, Enablers, Falls Buddies). You can contact them on 0151 488 7805.