

# Community Falls Prevention Programme

## Definition of a fall:

A sudden unintentional change in position, causing one to land on a lower level, or on an object, the floor, or the ground.  
Tinetti (1987)

## Criteria for referral for those at home:

Person is 65 years or over  
One or more fall(s) in past 12 months  
Person should have an address within the NHS GG&C Health Board Postcodes  
Person has agreed to the referral

## Criteria for referral for those who live in a Glasgow Nursing Care home:

Person is 65 years or over  
Resident has: sustained a fall with significant injury i.e. fracture/serious head injury  
OR  
Had 2 or more falls in 6 months / 3 or more falls in 1 year  
OR  
Is a new admission with a previous falls history that meets the above criteria.

## How to Refer:

Refer the patient to the Community Falls Prevention Programme (CFPP) in the first instance. All patients will be screened to exclude urgent medical conditions as part of the initial screening process i.e. blackout, cardiac symptoms etc.

Any patient who triggers with an urgent medical condition as part of the triage process will be fast tracked to a Consultant Geriatrician for an urgent medical review.

- ***Please advise the patient that you have made the referral. They should expect to receive a telephone call from CFPP to arrange a screening visit which will be carried out in their home.***
- ***For patients who do not have the ability to answer detailed questions over the phone can you please give contact details for someone that would be able to assist with this information?***

## Who not to Refer

Patients under 65 years – refer to Local Community Rehabilitation Teams.

## What does this service offer?

Environmental Hazard Assessment, Screening of patients functional abilities, Medication review by specialist pharmacist, Occupational Therapy, referral on to relevant health services following screening process, including Physiotherapy and / or 12 week exercise programme if appropriate.

## Contact Details

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