

## **Fife Falls Response Service is a service operated jointly by Fife Council and NHS for people who fall or are worried about falls**

(Keep this guide about the Fife Falls Response Service handy and give a copy to your family or key-holders too)

### **1 If you have fallen and need help**

- Press your community alarm pendant  
Or
- Call your GP Surgery  
Or, if closed
- Call NHS 24 on **08454 24 24 24**

We will ask a few simple questions about you over the phone. If you are not hurt, we will send the specially trained falls response team to help you back on your feet safely, avoiding injury to you or a carer by using special lifting cushions.

The service is available to people who:

- Have fallen in the home environment
- Have no visible signs of injury
- Are aware of their surroundings
- Are able to move without causing/increasing pain
- Have no physically able person(s) who could assist with guidance to rise from the floor

If you are hurt we will send a doctor, nurse or ambulance

### **2 After you have recovered?**

Within 1 week someone from your local community health team will contact you by phone and if required organise a follow-up visit to look at simple ways to prevent you falling again. We can also offer advice on staying safe at home.

Some common causes of falls are:

- Some medications and dehydration
- Cataracts or eyesight problems
- Footwear and foot pain
- Poor balance, muscle strength and posture
- Hearing and dizziness
- Loose rugs and trip hazards