| Falls Prevention ServiceSelf-referral form |
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| Person details |
| Name: |
| Address: |
| Date of birth: |
| Telephone number: |
| GP surgery: |
| Do you consent to the falls prevention service contacting your GP?  Please indicate YES or NO |
| If you are currently involved with another service, for example the Neighbourhood Team, please provide the details here: |
| Please indicate for the questions below either a YES or NO response:  * Have you fallen in the previous 12 months? * How many falls have you had in the last 12 months? * Do you have near misses e.g. near falls? * Do you have a fear of falling? * Do you have any problems with your balance? * Are you on four or more different medications per day? * Do you have a diagnosis of stroke or Parkinson’s disease? * Do you suffer from dizziness? * Do you suffer from blackouts or fainting? |
| Past medical history: If you have a history of head injury, seizure or chest pain associated with a fall, or a recent injurious fall, blackout or unexplained fall please inform your GP. |
| Main concerns/reason for self-referral: |
| SEND all completed referrals securely to:  Falls Prevention Service, Leominster Community Hospital, Leominster. HR6 8JH Email: [fallsreferrals@nhs.net](mailto:fallsreferrals@nhs.net)  Telephone: 01568 617309  [Wye Valley NHS Trust website](https://www.wyevalley.nhs.uk/visitors-and-patients/county-hospital-(acute)/a-z-of-wards.aspx) (services, community services, falls) |
| Falls Prevention Service information guide |
| Herefordshire Falls Prevention Service is a free NHS service for older people who have fallen, are at risk of or are worried about falling, or who have concerns about their balance. Falls are not an inevitable part of getting older, and many falls can be prevented with the right help and support. At the Falls Prevention Service we can help people to:Identify potential causes of fallsMake changes to reduce the risk of falls and injuriesImprove strength, balance, mobility and dizzinessRegain confidenceMaintain independence   * Know how to cope in the event of a fall  Our specialist team of physiotherapists, occupational therapist and therapy assistant practitioners provide clinics locally throughout Herefordshire for:Initial assessment to identify the cause of fallsIndividual advice and information about keeping steady, active, and safe at homeTailored exercise programme to improve strength, balance and mobilityOnwards referral to a range of specialist services, as required  Following initial assessment in clinic, we are also able to offer home environment assessments for people who may have concerns about falls risks in their home environment. Please note we are a clinic based service and run a waiting list for appointments. If you are unable to access clinic or have urgent therapy needs please contact the Community Integrated Response Hub on 01432 808750. |
| Self-referral suggestions:History of falls or near falls, trips or stumbles in the past year  * Fear of falling or loss of confidence limiting activities * Feeling unsteady or holding onto furniture to move about the home * Decrease in strength or finding it harder to stand from the chair * Dizziness * Reduction in activity levels * Difficulty getting up from the floor or coping in the event of a fall * Home environment risk factors   Please contact your GP surgery if you have experienced unexplained falls, including blackout or loss of consciousness |