Adults and Communities

Guidance Notes for completing ACF0500

Birmingham Falls Prevention Service referral form (toolkit)

If you are completing this form by hand, please use BLOCK CAPITALS. If you need any help completing this form, please contact the Birmingham Falls Prevention Service.

Phone:
0121 675 5171

Email:
fallsprevention@birmingham.gov.uk

Completing the form

Please complete all sections of the form that apply to you. This will help us to provide you with the right information and support for your needs.

Section 1 – Personal Details (page 1 to page 4)

This is information about the person who would like support to help prevent them falling.

If you are filling this form in on behalf of someone who would like support to prevent falls, your details should also be completed on page 3.

If you represent an agency or organisation that is completing this form on behalf of someone, your details should also be completed on page 4

Section 2 – Previous fall history (page 4 to page 6)

The information you provide in this section helps us to ensure that you get the right advice and support you need. If you cannot remember exact details, put down what you think or what you can remember.

Question 4

Only answer 'Yes' to these questions if the visit to your GP or hospital was because of your last fall, or if you had help from social care because of the last fall you had.

What is adult social care (Adults and Communities)?

This is part of Birmingham City Council and provides services such as equipment, homecare, social work assessment and day care.

What is a falls clinic?

This is a clinic run by the health service where nurses, physiotherapists and occupational therapists offer assessment, treatment and support for people most at risk from falls and aged over 65. Your GP will need to be contacted before you can go to a falls clinic, so please fill in your GP's details on page 3.

Question 5

You should answer 'Yes' if the person you normally live with is staying in hospital or a residential home for more than a few weeks.

Question 7

We ask this question because some of these things may make you more likely to fall. Please tick 'Yes' or 'No' to all that apply to you. If you are not sure what to put, write it down in the space at the end of Section 2 on page 6.

Section 3 – Your current situation (page 6 to page 7)

This section asks questions about what is happening now.

Question 1

You should also answer 'Yes' if the person you normally live with is staying in hospital or a residential home for more than a few weeks.

Question 2

Please give details of the prescribed medications that you take and also those that you buy yourself. Please write down the number of medications and what they are for, if you know what they are for.

Question 3

We ask this question because some of these things may make you more likely to fall. Please tick 'Yes' or 'No' to all that apply to you. If you are not sure what to put, write it down in the space at the end of Section 3 on page 7.

Section 4 – Information advice and services (page 7 to page 10)

This section is about the information and services that you would like to receive. Most services are free, but you may have to pay for some of the services we offer you, depending on your individual circumstances. You will be told about any charges before you agree to any service, and you can always say no to any service if you change your mind.

1. Information about slip, trips and falls

If you tick 'Yes' we will send you a free pack containing information on the things that make you more likely to fall, and information about everyday things you can do to prevent falling. Many people do not know that some very simple things can stop falls or help you if you do fall.

2. Medicines review

If you tick 'Yes' we can help you to get your medicines reviewed. This is free and can be arranged with your GP or a pharmacist – they will come to your house if you can't get out. It is very important to have your medicines checked every year, particularly if you have recently fallen. If you would like a medicines review, please make sure that you have filled in the GP details on page 3 of the form.

3. Equipment to prevent falls

If you are having problems with everyday things, like moving around or getting in and out of bed, there are many sorts of simple equipment that can help. Please tick 'Yes' in the areas where you are having problems. You may have to pay for some of this

equipment, depending on what it is and your circumstances.

4. Eyesight test

If you tick 'Yes' we can help you to get an eyesight test. Many older people do not wear the right glasses and this can lead to falls. If you are over 60 years old you can have a free eyesight test and if you cannot get to an optician, we will arrange for you to be visited at home by a community optician.

5. Exercise

If you tick 'Yes' we can help to find exercise classes for you. Keeping your body active and having good balance is one of the best things you can do to prevent falls. There are local exercise classes that are either free or very cheap and we can let you know what there is in your area and how you can take part.

6. Household jobs that need doing

If you tick 'Yes' we can help to find people to do household jobs for you. People often fall when they are trying to do jobs around the home and garden. There are registered organisations that will help older people with some of these jobs more cheaply than you may buy elsewhere. If you would like someone to contact you about what you need doing and find out the cost, tick the boxes for the jobs you need doing.

7. Keeping your house warm

If you tick 'Yes' we can provide you information about how to keep your house warm. Many people have health conditions that are made worse by cold, damp living conditions and if they fall, they could become ill if they can't get up. There are some very simple things that you can do yourself and you may be able to get help, including financial help, with making your home warmer.

8. Welfare/disability benefits

If you tick 'Yes' we can help you to get your benefits reviewed. Every year thousands of people over 60 miss out on money that they are entitled to, in Birmingham unclaimed benefits for older people amount to between £80 million to £100 million a year and include Attendance Allowance, Pension credit and council tax benefit. If you would like to find out if you are missing out, we can arrange for a free benefit review.

9. Home safety check

If you tick 'Yes' we can help you to get a safety check for your home. Do you have smoke detectors; can you get out of your home if there is a fire? We can arrange a free visit from the Fire Service to check the safety of your home and help you plan in case of an emergency. We can also provide free smoke detectors if you do not have any.

10. Learn the internet

If you tick 'Yes' we can help you to use the internet. Many older people are using the internet to keep in touch with family and friends, do their shopping, find out what's going on in their communities and for their hobbies. There are local groups that help older people learn the internet.

11. Social, leisure and community activities

If you tick 'Yes' we can help you to find social, leisure and community activities near you. If you spend most of your time in the house you can easily become isolated and lose touch with what's going on in your local community. You

may not be able to get out and about and want someone to visit you. We may be able to put you in contact with clubs and activities in your area for things that you are interested in.

12. Additional information

Please add any other information about services that you would be interested in or any difficulties that you may have in getting to local activities. Please include this information at the end of Section 4 on page 10.

Section 5 – Signature (page 10)

Please sign this section to allow us to provide your details to organisations that can help you.

Section 6 – Your quality of life and wellbeing survey (page 11)

The Birmingham Falls Prevention Service is here to help you avoid falls and to be better able to cope if you do fall. We want you to be as healthy as possible and feel confident enough to live in your own home for as long as you want. It is important for us to know if the things that we help you with have made a difference to how you feel about your life.

We will be getting in touch with you in a few months time, to see how you got on with the services that you asked for and to see if you have had any falls since you completed this form.

These questions are a way of finding out how you feel about things now. We will ask you the same questions when we contact you in the future, to see if there are any changes. This will help us see what services help people to feel better about their lives.

If you need any help completing this form, please contact the Birmingham Falls Prevention Service.

Phone:
0121 675 5171

Email:
fallsprevention@birmingham.gov.uk