

Farrow Friends is an award winning support service

At Farrow Friends we think it's important to help people stay independent and in their homes for as long as possible. We cater to the large percentage of people that need support, but have enough independence to be able to stay at home a little extra help.

We believe it's important that the people we support receive the best care possible no matter who they are, and that's why our services are not limited to elderly care. We support people of all ages and abilities.

If you are concerned about your falls risk, please contact your GP to discuss falls further and request Occupational Therapy input.

Relevant resources:
AGEUK: www.ageuk.org.uk



A home help, befriending and support service.

Phone: **01476 385395**

Email: info@farrowfriends.co.uk



Older adults and falls

Falls prevention.



Prince's Trust



BBC East Midlands



Anyone can have a fall, but for older adults the frequency and risk of injury is higher.

Why are falls a concern?

- 1 in 3 adults over 65 will have at least one fall a year.
- Falls can limit a person's physical ability and engagement in daily activities.
- Falls can impact an individual psychologically as well, and can result in fear-related activity avoidance, loss of self-efficacy, and loss of confidence in older adults.
- Falls can result in hospitalisation and worst case, traumatic injuries (Fractures).

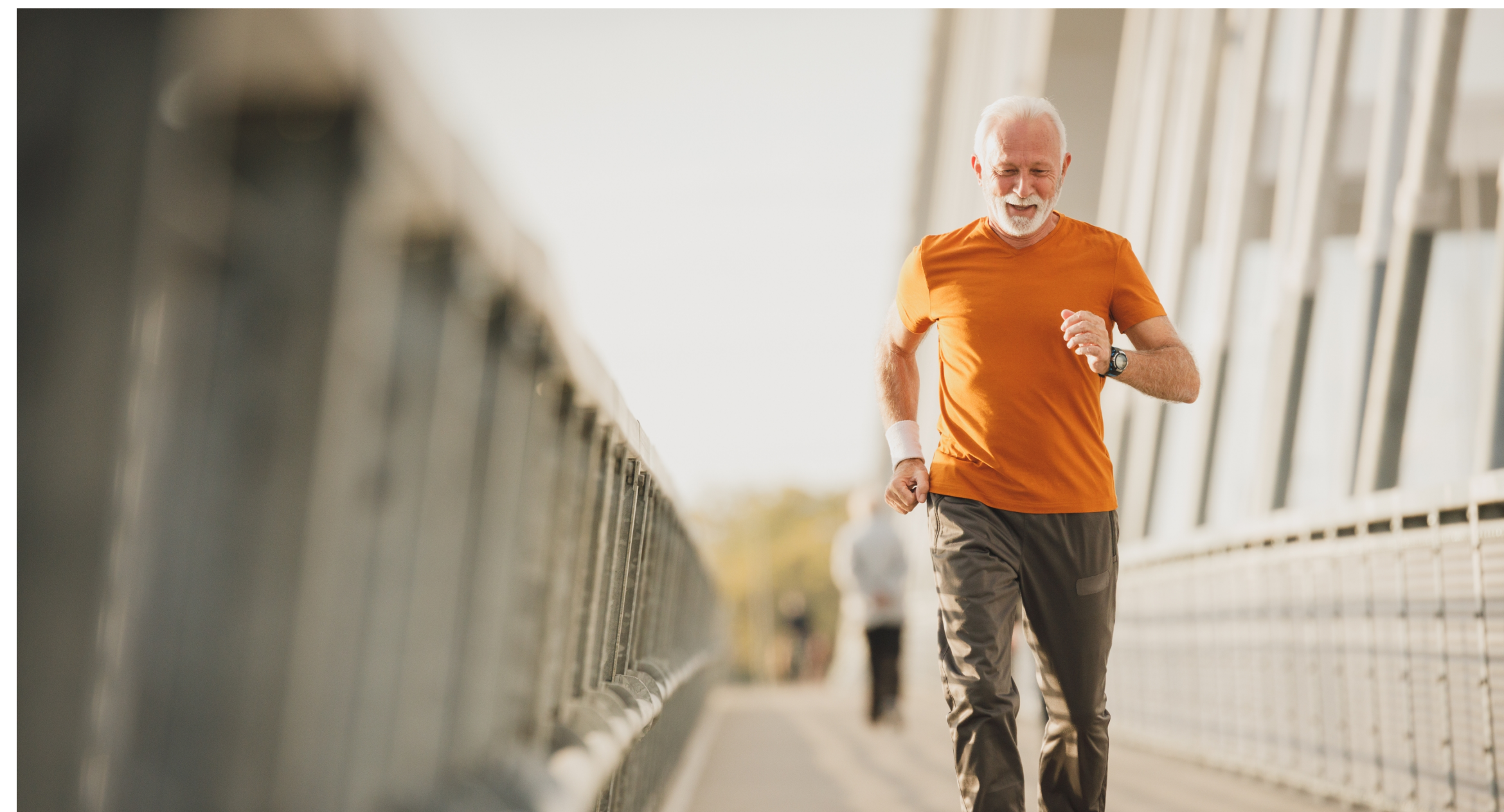
Why do people fall?

Falls are complex; there are various reasons why an individual would experience a fall.

- Limited mobility (poor balance and muscle weakness).
- Vision loss and Hearing loss.
- Effects of medication – can cause dizziness, more likely when on 4+ medications.
- Environmental hazards – cluttered spaces, poor lighting, poor flooring (Pulled up carpet, wet flooring, rugs).

How can I reduce my falls risk?

Falls are complex and there is often more than one factor contributing to a fall. There is not just one solution to reduce falls risk, but rather multiple things you can do.



AGEUK recommend:

- Thinking about why you may have fallen before.
- Staying active, engage in activities.
- Using prescribed walking aids.
- Checking your environment for hazards – Think: is the space cluttered, is there loose wires, do I keep tripping over a rug?
- Attending annual eye tests, annual GP medication reviews, Attend hearing tests at least every two years.
- Wearing sensible foot wear that fits your feet and provides grip!
- The use of telecare – a personal alert pendent to provide you with a sense of security and help you get contact if a fall was to happen. This can be available from www.nrstelecare.co.uk/lincolnshire/

Fear of falling

This is a common psychological response that can occur typically post-fall.

Fear of Falling creates a barrier and acts as a cycle often heightening the risk of falling, which can create a stronger fear.

The fear can cause activity avoidance which further causes physical deconditioning, social isolation, increased dependence on others, sleep difficulty, and lower quality of life.

The listed difficulties can increase the individual's risk of falling.

How can Farrow Friends help?

Farrow friends can offer befriending, chaperoning and support services for yourself or for your loved one.

We provide social support and build a strong relationship with each client. This creates a safe space to encourage talking about fear of falling and thinking about why a fall may have happened in the past.

Farrow friends deliver home-help support for tasks that may be too challenging to complete on your own e.g. cooking and cleaning.

The team will also take the time to encourage and support yourself in activities that are meaningful to you to help regain confidence.

Farrow Friends additionally provide a chaperone service to appointments to ensure you get there on time, safely, and stress-free as possible