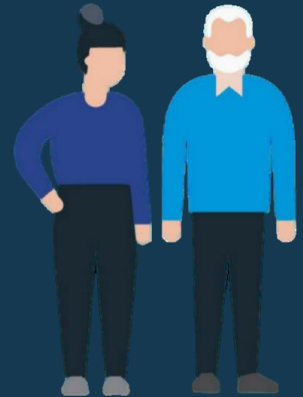


# Falls Awareness Toolkit

2025



## Falls Awareness

Walking is a great activity and has many health and wellbeing benefits, however everyday walking will not improve balance skills.

Live Stronger For Longer is a county wide project supporting people to stay steady on their feet and prevent falls. The service is delivered by Age UK Derby and Derbyshire and commissioned by Derbyshire County Council Public Health.



**LIVE  
STRONGER  
FOR LONGER**



# Falls Action Card

Age UK have developed this falls action card that you can carry around with you should the need to use it arise:

Download it here:  
[new-falls-action-card.pdf](#)

**LIVE STRONGER FOR LONGER**

### Falls Action Card printable

Print this page and cut around the edges, then fold into a credit card sized card to keep safe in your wallet or purse.

How to fold: Fold top to bottom (1), then top to bottom (2), lastly fold side to side (3) so the words "Falls Action Card" are on facing outwards.

1  
2  
3

**Falls Action Card**  
What to do in the event of a fall  
To be carried by people at risk of falling, for use by bystanders, walk leaders and informal caregivers.

**Relevant medical information:**  
Name:  
Emergency contact information  
Name:  
Tel no:

**Getting up from a fall**

1. Roll onto your side, then push up on your arms to get up.
2. Use your arms to push yourself up and use hands and feet to help.
3. Once fully up, sit on the floor for a few minutes to rest.
4. Sit on the floor with your feet flat on the floor and your back straight.
5. Use your arms to push up and use hands and feet to help.
6. Sit on the floor with your feet flat on the floor and your back straight.
7. Use your arms to push up and use hands and feet to help.
8. Sit on the floor with your feet flat on the floor and your back straight.

For further information about the causes of falls and how to prevent them, scan the QR code on the reverse of this card, or visit [www.ageuk.org.uk/olderpeopleandcare/falls-advice](http://www.ageuk.org.uk/olderpeopleandcare/falls-advice)


In the event of a fall use the flowchart below to identify the most appropriate course of action.

Is the person injured or in pain?

- Call 999 first, then the emergency contacts on the back of this card. Do not attempt to help the person to stand as this could cause further injury. Keep the person warm and as comfortable as possible until help arrives.
- Is the person able to stand on their own?
- Encourage the person to stand carefully without offering physical assistance (in case of hidden injuries), and encourage them to sit still and qualify for at least fifteen minutes in case of the onset of dizziness. Stay with them if possible and observe any changes in behaviour or demeanour. Call 111 or 999 if this occurs.
- Even if the person appears unharmed, emphasise that they should speak to their GP and offer to call their emergency contact to see them know about the incident.

DO NOT attempt to physically assist the person to stand.

Call either the emergency contacts, 111 or 999, depending on the top-up of the situation. Keep the person warm and as comfortable as possible until help arrives.



# Further Resources:

## Falls Prevention Exercises to do at home

[Age UK Derby and Derbyshire | LSFL Exercises 1 Warm up](#)

Age UK also offer FREE eLearning, Falls Prevention and Benefits of Exercise (FABE) resources. If you complete the training, you will be awarded a certificate of completion.

The training will support you to having quality conversations with your groups about falls, things to do to help prevent a fall and what to do if they someone falls. Please see the link below for more details on the eLearning and other training courses they offer:

[Age UK Derby and Derbyshire | Falls Awareness Training](#)



# Need to make a referral?

If you meet somebody who you think needs further support, you can make a referral via this link: [Age UK Derby and Derbyshire | Live Stronger for Longer referrals](#)

Or contact one of the falls advisors listed on page 8

(See next page for what will happen once you make a referral)



**LIVE  
STRONGER  
FOR LONGER**

**LIVE  
STRONGER  
FOR LONGER -  
WHAT WILL  
YOU DO WITH  
MY REFERRAL**

**1**

### COMPLETE OUR SIMPLE REFERRAL FORM

This gives us some simple information we can use to help find a class that works for you.

**2**

### TAKE A CALL FROM ONE OF OUR FRIENDLY ADVISORS

They will talk to you about what you hope to gain from attending a falls prevention class, explain some of the benefits, and identify anything we can do to help you attend.

**3**

### COMPLETE YOUR NEW STARTER PACK

This form gives your instructor important information about your health and mobility, so they can ensure the class is safe and effective for you.

**4**

### ATTEND YOUR FIRST CLASS

Don't forget to bring along your new starter pack! Your instructor will greet you and may ask you some additional questions to help you get the most out of the class.

**5**

### BEGIN TO FEEL THE BENEFITS!

Over the first 12 weeks, your instructor may ask you to undertake some simple balance and mobility assessments, to support and track your progress. With consistency and commitment, our evidence-based classes should help you feel stronger and steadier!



# Further Resources:

## Super Six Challenge:

Falls are not an inevitable part of getting older.

Anyone can have a fall but older people who fall are more likely to have an injury which could lead to being admitted to hospital.

**Do you want to stay independent?**

**Do you want to take action to reduce the risk of having a fall?**

Then this booklet will help you assess your risk of having a fall and by taking our Super Six Challenge to help you Live Stronger For Longer: [super-six-condensed-version-Jan-23.pdf](#)

## Building Confidence in Mobility Talking Space:

In Feb 2024 Jo Briggs from Age UK joined one of our Talking Spaces and led us through some strength and balance exercises.

You can view it here from 22 mins in: [Building confidence in mobility- Talking Space. -](#)



# Need more support?

If you require any further information, please get in touch with the Live Stronger for Longer Team:

- **Emma Richards** (Amber Valley, North East Derbyshire, Chesterfield, Bolsover) - [emma.richards@ageukdd.org.uk](mailto:emma.richards@ageukdd.org.uk)
- **Sarah Smith** (Glossop, High Peak, Dales, North East Derbyshire) - [sarah.smith@ageukdd.org.uk](mailto:sarah.smith@ageukdd.org.uk)
- **Jo Briggs** (South Derbyshire and Erewash) - [jo.briggs@ageukdd.org.uk](mailto:jo.briggs@ageukdd.org.uk)
- **Alison Milner** (Administrator) - [alison.milner@ageukdd.org.uk](mailto:alison.milner@ageukdd.org.uk)
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