



# Falls & Fracture Prevention - Strategic Plan Summary 2021 – 2022



# Falls and Fracture Prevention

In the 12 month period October 2019 – September 2020, the Scottish Ambulance Service responded to 784 callouts for falls in Midlothian. The impact of harm from falls and fear of falling affect large numbers of people both directly and indirectly and can have a significant impact on wellbeing and prevent many people from experiencing healthy ageing. Covid 19 has only served to exacerbate this. This year we will focus on increased partnership working and the development of an integrated falls pathway across our services – falls is everyone's business. Across our partner agencies we will also renew our focus on falls prevention to deliver more education, information and appropriate exercise opportunities across Midlothian.

## Our plans for 2021-22 – What we are doing

### Prevention & Early Intervention

#### Plan for a safe winter:

- Work with Roads Services to identify residential gritting priority streets and pavements during bad weather for 'vulnerable and at risk' for example Retirement, Extra Care Housing, and Care Home residents.
- Consult with service users groups about the impact of Covid on activity and falls to inform future service planning.

Funded by – Existing Midlothian Council and Midlothian H&SCP budgets

#### Raise awareness of how to prevent falls:

- Develop and deliver a falls prevention media campaign
- Deliver education community pop up sessions (subject to Covid restrictions) or offer virtual alternatives
- Hold a Midlothian Falls and Fracture Prevention public event.

Funded by – Existing Midlothian H&SCP budget

#### Assess people for falls:

- Ensure that all clients who present to Health & Social Care will have a Falls screening assessment completed routinely where there is risk of falls.

- Support the British Red Cross to ensure that all clients receiving assessment through their service will be assessed for Falls Level 1 via telephone call, progressing to home visit as Covid19 regulations allow.
- E-frailty Programme - All moderate and severe patients who receive a welfare call from the British Red Cross as part of the COVID19 response will be offered a full assessment including level 1 falls assessment. Calls will also identify any falls and their severity and will be recorded on their Anticipatory Care Plan and Key Information Summary to inform GP's of any changes to a person's mobility.
- Promote digital access to falls self-assessments, assessments by H&SC and third sector staff, information and advice for independent use at home

Funded by – Midlothian H&SCP, British Red Cross

### **Promote physical activity:**

- Develop an integrated falls prevention programme/classes
- Provide options around physical activity through Midlothian Active Choices, Ageing Well, Best Step Forward project or other identified programmes or opportunities within Midlothian
- Introduce a programme of Strength & Balance classes (covering Ageing Well, Sport & Leisure and Third sector)
- Promote activity for falls prevention within Leisure Centres and Older Peoples' Housing (e.g Retirement / Extra Care Housing) working in partnership with third sector
- Increase the use of digital technology to enable people to access guided exercise in their own homes.
- Create a resource bank of digitally led sessions / options.

Funded by – Existing Midlothian H&SCP budget

### **Train staff on falls and fracture prevention:**

- Promote & offer training to staff in falls across services e.g. MCH staff, community settings, Care Homes, Care Providers, Primary Care.
- Promote and train third sector staff and volunteers to support / co-run Paths for All Strength & Balance classes in community settings.
- Review the current number of AHPs and District Nurses trained in Falls assessments.

- Ensure all AHPs are trained to minimum levels across MHSCP – i.e. at least L2 training (Level 1, 2 and 3 interventions as per National Framework)
- Increase the number of Falls Champions across the partnership and third sector organisations (including MCH and care homes)

Funded by - Existing Midlothian H&SCP budget

## Unplanned Support & Treatment

**Provide Specialist, Personalised Care and Support in a crisis:**

- Work in partnership with the Scottish Ambulance Service and Scottish Fire and Rescue Service to review their Falls Pathways
- Support MCH to improve protocols and use of falls monitors.
- Work in partnership with Rapid Response to review their Falls Service Pathway
- Review the On-call (MERRIT) Falls service (resource allocation, level of support available and response time)

**FUNDED BY:** Existing HSCP budget.

## Planned Support, Treatment & Recovery

**Build an integrated approach to falls & fracture prevention and treatment:**

- Work with Performance and Improvement team to develop a dedicated system for data analysis / reporting of falls data to identify clear priorities and inform future direction of falls work.
- Support the Strategic Falls Group to develop an integrated & coordinated Falls Pathway across H&SC and third sector providers
- Work with Primary Care providers to develop a standard identification process, signposting / self-referral system for all patients at risk of falls (pre-fallers, secondary and frequent fallers) linked into the integrated falls pathway.

**FUNDED BY:** Existing HSCP budget