

To: Forum for Empowering Communities Group

On: 4 September 2019

Report by:

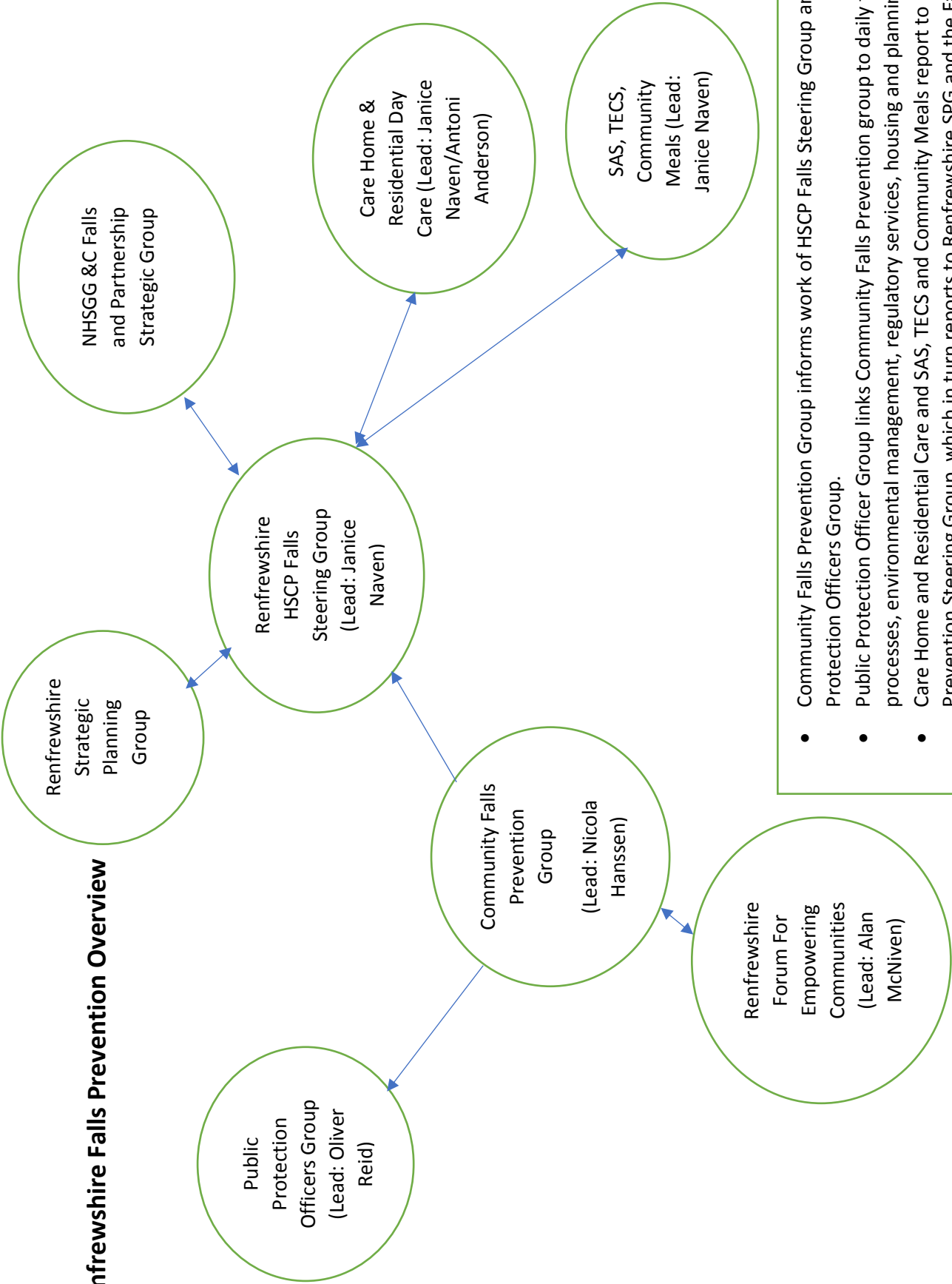
Nicola Hanssen, Chief Executive Officer, ROAR

RENFREWSHIRE COMMUNITY FALLS PREVENTION GROUP UPDATE

Renfrewshire Community Falls Prevention Group update

- Update on ToR, membership, governance and workplan – overview attached
- ISD Scotland and RoSPA stats report – related to Renfrewshire – report attached
- Keep Your Dignity/ Getting Off the Floor Campaign - attached

Renfrewshire Falls Prevention Overview



- Community Falls Prevention Group informs work of HSCP Falls Steering Group and the Public Protection Officers Group.
- Public Protection Officer Group links Community Falls Prevention group to daily tasking processes, environmental management, regulatory services, housing and planning.
- Care Home and Residential Care and SAS, TECS and Community Meals report to HSCP Falls Prevention Steering Group, which in turn reports to Renfrewshire SPG and the Falls and Partnership Strategic Group.
- Forum For Empowering Communities links Community Falls Prevention Group to third sector organisations, including housing associations and volunteering organisations.

Bridging the gap: injury surveillance

Falls

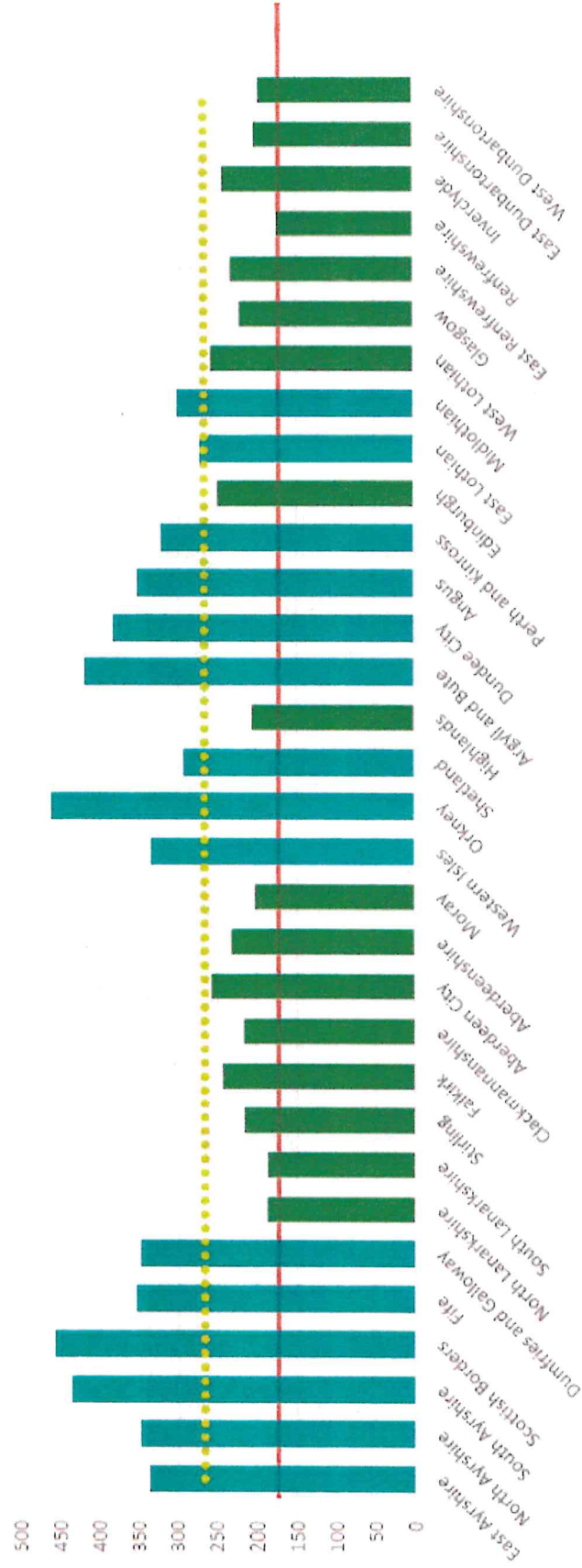


Figure 5: Admission rate, all ages, unintentional injury in the home by falls, 2013/14 - 2017/19 average

FALL STATISTICS - 5 YEAR FIGURES: ADMISSIONS DUE TO FALLS

SCOTLAND			
65-74	75-84	85+	TOTAL

RENFREWSHIRE			
65-74	75-84	85+	TOTAL

EAST RENFREWSHIRE			
65-74	75-84	85+	TOTAL

GLASGOW			
65-74	75-84	85+	TOTAL

2018
2016
2016
2017
2018

4863	7614	7093	19570
4899	7772	7381	20052
5180	7850	7737	20767
5205	8225	7914	21344
5820	8368	8280	22468

187	268	226	681
178	253	224	655
168	263	226	657
161	223	220	604
166	249	202	617

65	144	141	350
84	130	146	360
81	143	159	383
83	150	157	390
77	156	185	418

600	885	700	2185
600	895	747	2242
640	955	818	2413
713	1038	853	2604
740	980	850	2570

STEADY
AVERAGE

5193	7966	7681	20840
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172	251	220	643
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78	145	158	380
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659	951	794	2403
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STEADY
PER
CHANGE

19.68%	9.90%	16.73%	14.81%
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11.23%	7.09%	10.62%	-9.80%
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18.46%	8.33%	31.21%	19.43%
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23.33%	10.73%	21.43%	17.82%
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GRAMPPIAN			
65-74	75-84	85+	TOTAL

N. LANKSHIRE			
65-74	75-84	85+	TOTAL

FIFE			
65-74	75-84	85+	TOTAL

NORTH AYSRSHIRE			
65-74	75-84	85+	TOTAL

421	543	562	1526
411	575	559	1545
451	589	642	1682
439	664	643	1746
461	628	589	1678

270	433	313	1016
263	442	352	1057
332	490	353	1175
337	488	357	1182
374	534	385	1293

328	609	578	1515
334	598	628	1560
347	609	677	1633
403	668	699	1770
461	664	752	1877

184	246	224	654
147	254	196	597
203	248	218	669
161	253	181	595
192	272	241	705

437	600	599	1635
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315	477	352	1145
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375	630	667	1671
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177	255	212	644
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THE RATE IS CALCULATED PER 1,000 OF THE POPULATION
Analysed from Emergency Admissions – unintentional Harm – falls 04 June 2018 <http://www.isdscotland.org/Health-Topics/Emergency-Care/Publications/data-tables2017.asp?id=2414#2414>

9.50% 15.65% 4.80% 9.96%

9.50%	15.65%	4.80%	9.96%
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38.52%	21.33%	23.09%	27.16%
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40.51%	9.03%	30.10%	23.89%
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4.35%	10.57%	7.59%	7.80%
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Do you want to Keep your Dignity?

Here are 3 key tips to practice 3 times daily that will help you keep your dignity and independence as you age.

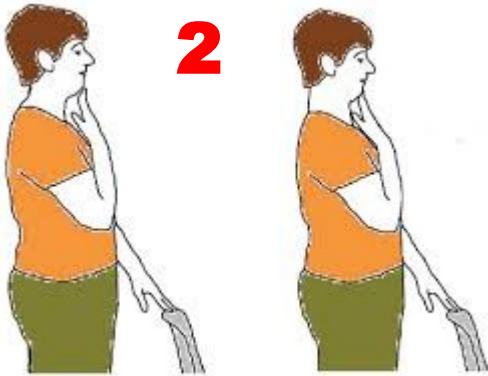
1



Sit to Stand

It really is the bottom line. If you can practice and maintain/regain the ability to lower yourself into and out of a sitting position without using your arms you are 5 times more likely to be able to use the toilet yourself in older age.

2



Stop the Stoop

Chin up! If you can get the hang of and practice this simple exercise you will not only look better to everyone around you but you will feel more confident, reduce back pain, help your breathing and your mood.

3



Balance Challenge

It's not just pride but poor balance that comes before a fall!

- Test yourself to see how your balance is.
- Take exercises that are designed to improve strength and balance.
- Build balance practice into your life.

Yoga, Tai Chi, Pilates, Qi Gong, OTAGO, Vitality or tailored Home Exercise programmes are all ways of improving and maintaining your balance. Doing these exercises will massively reduce your risk of injurious falls and will significantly speed up your recovery to independence.

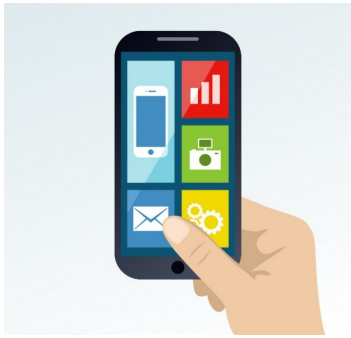
Information on how to do these exercises and their benefits can be found on

http://www.laterlifetraining.co.uk/wp-content/uploads/2015/08/OEP-Home-Ex-Booklet_AdvancedS_A5.pdf

If you fall – Do you want to make the best possible recovery?

Here are 2 things you need to learn and maintain to achieve this

1



Get a phone

Learn to use it

Programme in numbers you need in an emergency

Keep it on at all times

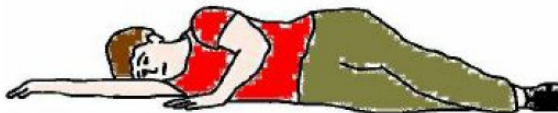
Keep it on you at all times

This is a key skill if you want to live independently in 2019 and beyond.

2

Learn how to get yourself off the floor and keep practicing before any emergency situation arises.

We will show you how to get safely down to the floor and back up again.



Roll from your back to your front.



Push up with your hands until you are in a side sitting position



To get from here, with your hands shoulder width apart, lean your weight forward onto your arms and lift your bottom up and over your knees.



Practice crawling so you can get yourself to the nearest chair or solid piece of furniture.



Slowly bring one hand, followed by the other onto the chair.



Bring your stronger leg up first. Lean your weight over the chair and push up with your stronger leg.

But this will only help you if you practice

We do not advise that you do this for the first time when you are alone at home.

Get your family to join in and help you.

Make sure you have your phone on and you know how to summon help.