

FALLS RESOURCE LIST

The falls resource list is a list of information leaflets/ booklets regarding falls that has been agreed by the Leicester, Leicestershire and Rutland Falls Advisory Group to be used by the general public and staff. The leaflets consider the different aspects of falling so the individual can use a relevant leaflet rather than receiving all of them at once.

This list will be reviewed quarterly, if you think any leaflets/information booklets should be included in this list please contact :

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Contact details for the City Falls Prevention Co-ordinator

The Joint City Falls Prevention Co-ordinator

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FALLS RESOURCE LIST (Continued)

Help the Aged Leaflets – Contact 020 7278 1114 or
www.helptheaged.org.uk.

Safety in your home

Staying Steady

Better Hearing

Better Sight

Bladder and Bowel Weakness

Fitter Feet

Healthy Bones

Healthy Eating

Keeping Mobile

Managing Your Medicines

Available in English, Chinese, Gujarati, Punjabi and Urdu are available as a download. (for the multi lingual community).

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Bisphosphonates (alendronate, etidronate, risedronate), raloxifene and teriparatide for the secondary prevention of osteoporotic fragility fractures in post menopausal women – Understanding NICE guidance – information for women with postmenopausal osteoporosis who have had a fracture as a result of the disease, their families, carers and the public. – **Contact 0870 1555 455 and quote reference number N0787, alternatively on the website – www.nice.org.uk/TAO87guidance.** *Versions in English and Welsh are available, quote N0788.*

Falls: the assessment and prevention of falls in older people -

Understanding NICE guidance – information for older people, their families and carers, and the public. – **Contact 0870 1555 455 and quote reference number N0761.** *Versions in English and Welsh available, quote N0762.*
A quick reference guide for healthcare professionals is also available from the website – www.nice.org.uk/CG021NICEquickrefguide

Department of Trade and Industry (DTI) leaflets available on the website – http://www.dti.gov.uk/homesafetynetwork/fl_pandr.htm.

Preventing accidental falls in and around the home. Information for friends, relatives and carers of older people – *Available in English and Welsh.*

How to avoid falls in the home – Information for older people. *Available in English, Welsh, Urdu, Punjabi, Gujarati, and Chinese.*

Complete resource packs on stairs – Step up to safety – contains leaflets for older people, poster, new research on stairs, regional statistics research, order form and evaluation factsheet - **Hard copy only – Contact 0870 1502 500.** *Available in English and Welsh.*

Info Injection – Falls in the Elderly. – Outreach Library Service for Primary Care and Mental Healthcare NHS Staff. **Contact – 0116 252 3279 or <http://www.le.ac.uk/li/clinical/outreach/menu.htm>**

National Osteoporosis Society – Are you worried about Osteoporosis?
Contact 01761471771 or www.nos.org.uk