BCUHB Community Falls Prevention Pathway

All older people over 65 years old

Older people over the age of 65 should be screened using the **Falls Risk Assessment Tool (FRAT)**. Older people opportunistically identified being at risk of falling should be referred to the **Locality Falls Service**

Older people who have fallen

Older people who present to Primary Care for medical attention because of a fall should be given a **Basic Medical Assessment** in the **first instance** which should cover the following:

- Falls history
- Gait and Balance
- Osteoporosis Risk
- Medication Review

Following the basic medical assessment refer to the **Local Falls Service via FRAT**. The **Community Falls Pathway** and **FRAT** will be sent with this document.

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1 National Institute of Health and Care Excellence (NICE) - Falls: Assessment and prevention of falls in older people (2013).
Falls Prevention - Why is it important?

In Wales, over 800,000 are 50+ years old

Around 30% aged 65+ will fall, increasing to 50% of 80+ year olds

Interventions can reduce falls by 15-30%

Falls cost NHS £2.3bn across the UK

Between 230,000 - 460,000 60+ year olds will fall in Wales every year. Of those falls 11,500 - 45,900 are serious injuries

Data in the table gives an insight into 2016/17 data of emergency hospital admissions with a primary diagnosis of hip fracture.
National Falls Prevention - Prudent Healthcare Falls Prevention Programme

The Role and Priorities of the National Task Force

The task force is aligned to the Ageing Well in Wales Expert Advisory Group; a collaborative group from across Public Health Wales, 1000 Lives Improvement, NHS Wales, public bodies and third sector partners that have expertise in falls prevention. Key priorities for falls prevention are:

- Raising public awareness of how to reduce the risk of falls in older people
- Developing brief interventions using "Steady on Stay Safe" campaign
- Developing a data sharing pathway between the NHS and non-NHS organisations

Working collaboratively with the public sector, the task force aims to move health services towards an approach that prevents as well as treats falls by:

- Creating a National Public Service Task Force
- Working with Public Service Boards (PSBs) and their existing structures
- Intermediate care fund to develop services to support older people to remain independent
- Providing quality support for innovation and integration
- Working together to make Prudent Healthcare an integral part of falls prevention services across Wales