

The Ipswich and East Suffolk Falls Directory

What is it?

As part of work carried out by the CCG in relation to falls and bone health, primary and secondary care healthcare professionals recognised that whilst there are a lot of services available for patients at risk of falls, it was difficult to remember what those services were and where they were located.

The *Ipswich and East Suffolk Falls Directory* is a web-based directory of services that exist for patients who may have had a recent fall or are at risk of falling. The Falls Directory is available for all health and social care professionals to use to help locate and signpost to the most appropriate services for their patients to access close to their home. Appropriate patients will fit into one of the below categories:

- At risk of falling
- In the event of a fall
- Fall rehabilitation

What does it include?

Services are searched for by postcode or area and the types of services included are;

- Admission prevention
- Advice
- Exercise (including Otago classes (strength and balance), chair-based exercises and Tai Chi)
- Home support (case assistants and support at home)
- Mobility aids (including wheelchairs, scooters, walking frames, bathroom aids and so on)
- Occupational therapist
- Physiotherapy
- Technology (including fall detectors, bed or chair occupancy sensors, smoke detectors, flood detectors, medication dispensers, bogus caller buttons, low temperature sensors, movement sensors, epilepsy sensors and carer pager alerts)
- Transport

Benefits to patients

- Ability to access relevant services close to home
- Easier for clinicians to know that is available to patient at their practice
- Wide variety of support to patients at risk of falls
- Self-help, prevention and maintaining wellbeing

How does it work

The Falls Directory website is suitable for desktops, smartphones and tablets, go to: www.fallsdirectoryipswich.co.uk There is no requirement to register or create an account to view the service information, just click the link. The Falls Directory is easy and simple to use and a short user guide has been produced to help navigate the site. The directory can also be used on smartphones using a QR scan (see Appendix 1).

Who to contact

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Appendix 1

How to download the Falls Directory as an application for a smart phone.

1. Go to the Falls Directory and search for a service (via service type or location)
2. Click on the link 'save results as PDF'
3. Print the PDF
4. Using a QR scanner app on your phone, scan the code
5. Scanning the code will take you directly to the Falls Directory

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Abingdon Community Hospital Address: Presentation Abingdon Community Hospital Park Road OX14 3EQ	Tel: 01235 431201 01235 451338 Fax: 01235 21947 enquiries@abingdonhospitals.uk http://www.abingdoncommunityhealthcare.com	The hospital has capacity for 22 beds, which can be accessed via patients care SPs or they may be referred from other hospitals such as Ipswich Beds are available for rehabilitation and palliative care.	Contact hospital via mobile number or contact GCG via telephone or fax to make a referral Aacute OSP	Mon: 08:00 - 23:59 Tue: 08:00 - 23:59 Wed: 08:00 - 23:59 Thu: 08:00 - 23:59 Fri: 08:00 - 23:59 Sat: 08:00 - 23:59 Sun: 08:00 - 23:59 Hse: 08:00 - 23:59 Cost: Free
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All PDFs printed from the Falls Directory have a QR code in top right hand corner

Using a QR scanner App (downloadable from all apps stores) scan the code

Scanning the code will take you directly to the Falls Directory