
Falls Prevention in Powys

*A Collaborative Approach to
Prevent Falls among Older
People*



Falls are the second leading cause of accidental injury or death worldwide.

Each year in Wales

- 1 in 3 people over 65 will fall.
- 1 in 2 people over 80 will fall.

Routine Enquiry and Assistive Technology



The ASSIST Team:

- Ask about falls.
- Organise assistive technology, such as Careline alarms and Falls alarms to prevent long lies on the floor before help arrives - 361 people signposted to Falls Service

Multifactorial Falls Risk Assessment by PTHB Falls Service



- Falls history,
- Strength and balance
- Vision and Hearing
- Continence
- Blood Pressure
- Medication
- Nutrition and Hydration

Tailored interventions are then provided based on the results of this assessment.

Collaborative Efforts

Mobility assessment and rehabilitation

Strength and balance training

Home hazard adaptations

Community equipment provision

Care and Support

Virtual wards



Activity – Exercise reduces Falls

Access to exercise is crucial for improving health and reducing the risk of falls among older adults in Powys

- Access to Fitness Scheme - supports individuals in staying active and reducing the risk of falls
- National Exercise Referral Scheme (NERS) - provides tailored exercise programs and support.



Conclusion

Working together with the health service, third sector and leisure sector is crucial to reducing falls.

By combining our resources, knowledge, and support, we can create effective, personalised interventions that enhance safety and quality of life for older adults.

Together, we can make a big impact.

Key Contact Information

ASSIST: 0345 602 7050 / assist@powys.gov.uk

Millbrook: [Powys Community Equipment Service | Millbrook Healthcare](#)

Falls Prevention Service: [Falls Prevention Service - Powys Teaching Health Board \(nhs.wales\)](#)

Care and Repair: [Care & Repair in Powys \(crpowys.co.uk\)](http://crpowys.co.uk)

Leisure Centre Health Schemes: [Health schemes at your leisure centre - Powys County Council](#)