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## Guide to positive steps to avoid falls

A falls expert from South Tyneside NHS Foundation Trust has contributed to a new guide aimed at helping people all over the country to reduce the risk of falling.

The booklet, *Get Up And Go*, has been jointly produced by Saga, the Chartered Society of Physiotherapy and Public Health England and falls specialist physiotherapist Dean Metz was invited to help with compiling it.

Mr Metz said: "I was honoured to be asked to be involved and I am delighted with the finished product, which covers a wide range of topics from identifying if you are at risk of a fall and exercises for strength and balance to staying safe when you are out and about.

"Falls are a major problem for older people, robbing many of them of their health and independence, and they cost the country £2.3 billion a year. One in three over the age of 65 will have a fall this year and half of all those over 80 fall at least once a year, often suffering serious injuries and long-term complications, not to mention loss of confidence, as a result. The new booklet sets out some positive and easy steps we can all take to cut our falls risk."

South Tyneside NHS Foundation Trust's community falls service for South Tyneside and Sunderland has been held up nationally as an example of good practice because of its innovative approach to improving the patient's journey by offering a joint nursing and physiotherapy assessment in a one-stop clinic and the effectiveness of its rehabilitation programme in reducing the number of falls.

- Copies of the *Get Up And Go* guide can be downloaded for free from the Chartered Society of Physiotherapy's website: [www.csp.org.uk](http://www.csp.org.uk)

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*Pictured above: Falls specialist physiotherapist Dean Metz with a copy of the Get Up And Go falls prevention guide*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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