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O FYWYDAU



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

National Prudent Healthcare

Falls Prevention Taskforce

‘Making Falls Everyone’s Business’

Neil Williams (Care & Repair Cymru, Taskforce Chair)

Falls Are Not An Inevitable Consequence of Growing Old

Steady on...
Stay **SAFE**



Strength



And Balance



Falls History



Environment

Headline Message

- Housing is a key partner, not always recognised or understood enough, but there is a 'housing voice' on the Taskforce
- With your strategic oversight you are key to success
- Gaynor Toft will talk about housing risk, adaptations and examples of local work
- Thanks in advance for helping the Taskforce become such an effective force for primary falls prevention and linking up with all our ambitions

Policy Drivers

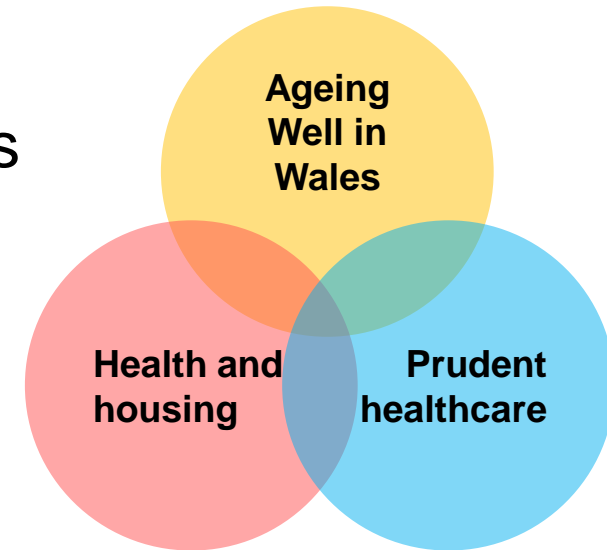
- Wellbeing of Future Generations Act (2015)
- Social Services & Wellbeing (Wales) Act (2014)
- Housing policy – Better Homes for All
- Prudent Healthcare
- Successive reviews of home adaptations
- WAO report on home adaptations
- Opportunities to focus on wellbeing measures

Utilise the Falls Agenda for Opportunity

- Highly recognised factor for Health - Housing
- Picks up nicely some recommendations in WAO report
- Provides a useful measure for wellbeing
- Queensland (Australia) study evidences reduction in falls from public health measures focussing on '*having the conversation*' routinely and myth-busting '*falls as inevitable consequence of ageing*'

National Falls Taskforce

- Focus on primary falls prevention
- Helping provide consistent messaging throughout organisations and communities
- A compact with older people around responsibilities for health needs
- Representatives from public/third sectors
- Merging of three strategic agendas:



The 4 principles of prudent healthcare



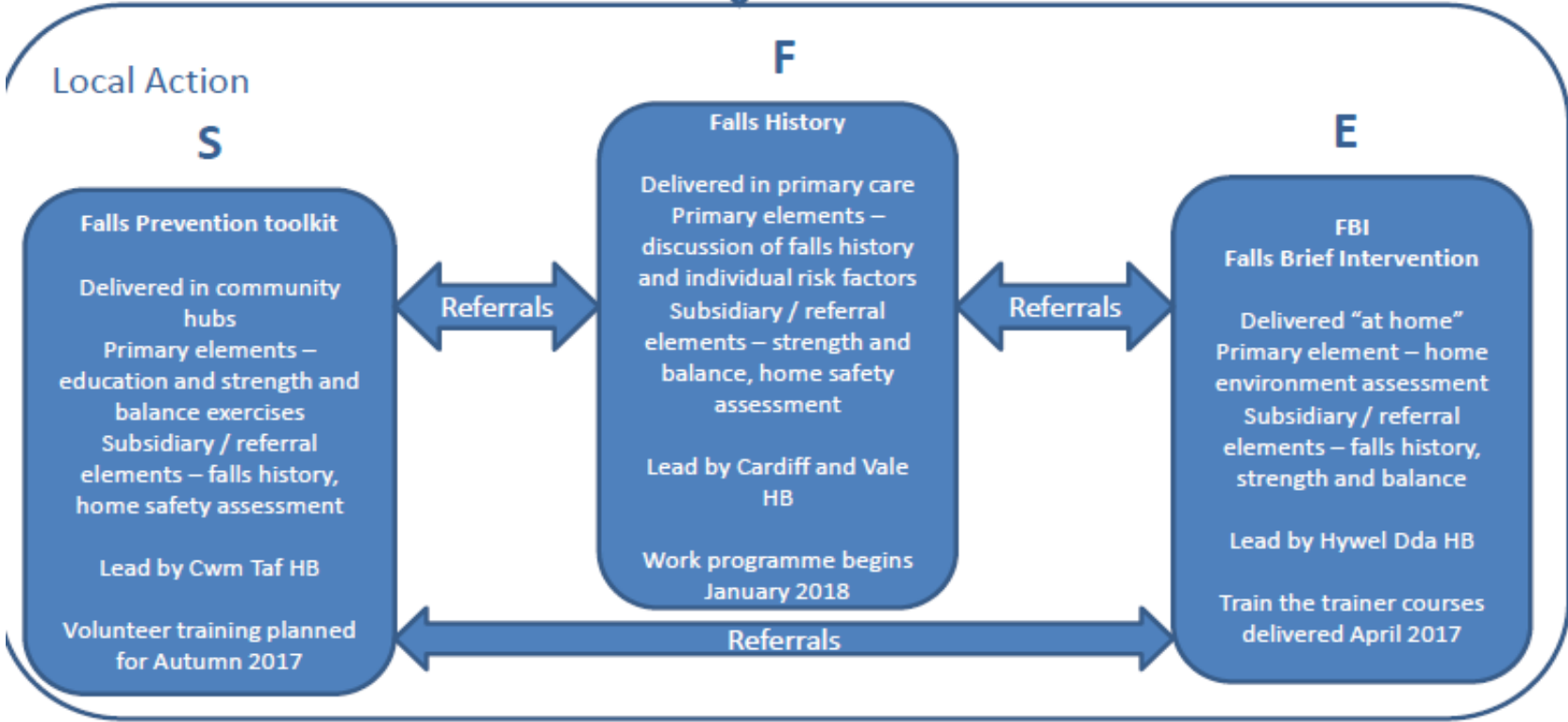
For further information visit www.prudenthealthcare.org.uk

National Taskforce Achievements

- ✓ Pulling together a multi-agency, multi-disciplinary body around a common agenda and with one voice
- ✓ Incorporating all 7 Health Boards, Local Government, Community Partners, Third Sector and Older People
- ✓ Developing significant products, e.g. FBI Training, Fuel Tank from 3 strategic pillars of SoSS
- ✓ Develop evidence-based strategies and information hosted by Ageing Well in Wales website
- ✓ Basis for a '*National Conversation*' relevant to NHS, Care, Community Pharmacy, Third Sector, etc.

Steady On Stay Safe (Pillars)

National population level awareness raising
Steady on Stay Safe
S-Strength and Balance, F-Falls History, E-Environment



Steady On... Stay SAFE

Falls are not an inevitable part of growing older.

Reduce your risk of falls:

- FALLS HISTORY - If you fall, tell someone and reflect on why, where and how
- STRENGTH & BALANCE - Stay active and stay strong
- SAFE HOMES - Watch your step and be aware of trip hazards

Stay...

- Strength
- And Balance
- Falls History
- Environment



Priorities for the next six months

- **Falls History** – *‘have the conversation today’* and working with Primary Care services to make this approach routine (Fuel Tank)

<https://www.youtube.com/watch?v=KW49BJ8xmrs>

- **Strength & Balance** - Promoting activity through NERS and Third Sector providers
- **Home Safety** – link Local Govt., FRS, Care & Repair, in making vulnerable households safe

Making it Happen

- Developing a **regional taskforce** in all 7 Health Boards, linked to the National Taskforce (NHS + Community)
- Deliver our **Falls Brief Intervention Training** (FBIt) to all key partner organisations, promoting a falls **MECC** approach
- Seek out regional **FBIt 'champions'** in each region that would cascade training to priority sectors including their own (in turn seeking more champions)
- Delivering **brief intervention conversations** and recording numbers for 6 months to gather evidence
- Moving from a *campaign* to a sustainable ***public service approach***

Housing EHPs role in Falls Prevention?

- This is our 'bread and butter'
- Housing reps on regional (and local) FP Taskforce
- Find out who is leading on this agenda in your area
- Becoming FBit champions and/or delivering brief intervention conversations.

Housing Health Cost Calculator (HHCC)

- Calculates the health costs of hazards in the home, and savings made when these have been mitigated/removed
- Developed by BRE in partnership with RHE (www.housinghealthcosts.org)

Case Study 1:

- HHSRS Category 1 hazard for falls associated with steps
- Cost of the actual works = £1,416.
- The cost saving to the NHS = £545.
- Cost saving to society = £1,363.
- Payback period of less than 1 month.



Case Study 2 (HHCC)

- HHSRS assessment Category 1 Hazards - Excess Cold, Food Safety, Personal hygiene, Sanitation and Drainage, Falling on Stairs, Flames, hot Surfaces etc. (Fire)
- Cost of works = £14,073.88
- Cost saving to the NHS = £18,059 per year.
- Cost saving to society = £45,147.50
- Payback period = 9 months.
- Partnership solution – Fire Service, Social Services, third sector agency (benevolent funding)



Looking Ahead...

1. Be part of the solution by making housing services relevant:
 - Falls prevention
 - Delayed transfers of care
 - Maintaining independence
 - Planning for older age
2. Making the connections between our services, providing mutual support
 - GPs, social workers, integrated H&SC teams, third sector
3. Person centred – what matters conversation?
 - Social Services and Wellbeing Act 2014
 - Making Every Contact Count
 - Brief Intervention Training – falls, alcohol harm, smoking cessation

Prudent Healthcare Falls Prevention – Working in Equal Partnership With Older People

