

Falls JSNA

(Joint Strategic Needs Assessment)

A review of falls across Cheshire East

Led by Cheshire East Council and the NHS

August 2023





What is a 'Falls JSNA'?

It is **an in-depth look into a topic area** which helps us to understand the issue in more detail – in this case, falls in older adults.

By looking into falls we can see where there are gaps in services and **make better decisions to meet the needs of our residents.**

What does it tell us?

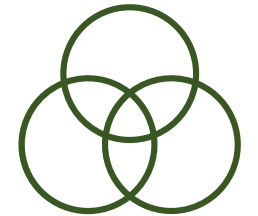
1 Who is at risk of falling



2 Who and how many people might be at risk of falling in the future



4 What support services are needed but not yet provided.



3 What support services are in place to help stop people falling



5 Which communities and organisations may be able to work together to fill the gaps

What is a fall?



A fall is defined as

“An event which causes a person to, unintentionally, rest on the ground or other lower level.” (NICE Quality Standard 86, 2015)

A fall is not the same as a collapse which is caused by a sudden or severe medical problem. For example, a stroke or vertigo.



Did you know?

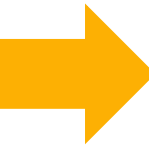
One in three people aged 65 and over are estimated to fall each year, and this increases to **one in two for those aged 85 and over.**

Strength and balance exercises can reduce your chances of a fall

There are many factors that can increase your risk of falling including:

- **Age** – Older adults are more likely to fall
- **Sex** – Falls are more common in women than in men
- **Certain long-term health conditions** such as dementia or heart disease
- **Sight loss or blindness**
- **Trip hazards**– for example if rugs or carpets aren't secured properly
- **Alcohol and some medicines**

Read on to hear more about what we found in our review of falls in Cheshire East



There is help and support available if you or someone you know has fallen. There are things you can do to prevent falling in the future.

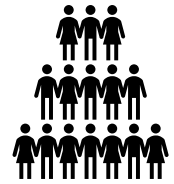
Doing the things that help stop falls may also improve other health conditions and improve your mental wellbeing.



Falls in Cheshire East



Cheshire East has an older population compared to England.



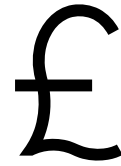
We don't know the true number of falls as many go unreported with no medical treatment required. It is estimated that there are around 24,000 falls in Cheshire East in people aged 65 and over every year.



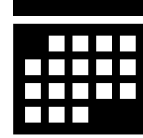
The number of falls is projected to increase in the future.



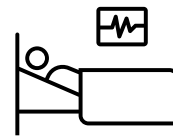
Ambulance data shows that falls are more common in the morning



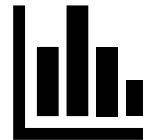
In 2020/21, falls admissions in Cheshire East cost £24m. This has been increasing over time.



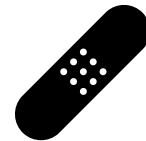
The average length of time someone stays in hospital after a fall is 10 days.



Cheshire East has more hospital admissions for falls compared to England even when taking into account Cheshire East's older population.



Two out of three hospital admissions for falls were in adults aged 80 and over.



Hip fractures, followed by head injuries were the most common serious type of injury following a fall. These can have long lasting impacts for the individual.



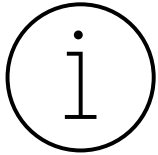
Cheshire East has higher numbers of hospital admissions caused by alcohol.

What support is currently available?

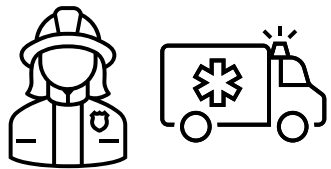
- **One You Cheshire East – Stand Strong** classes for anyone looking to improve their strength, balance and mobility (<https://oneyoucheshireeast.org/stand-strong/>)
- **Medication reviews** – To check that you are prescribed the most appropriate medicine
- **Home hazard assessments** – Undertaken by occupational therapists who check for hazards in the home
- **Free NHS eye tests** – Available to all adults aged 60 and over
- **Assistive technology** – These include a range of electronic gadgets to help you live independently in your own home such as a pendant alarm
- **Fire service safe and well checks** – The fire service also provide advice on slips, trips and falls as part of wider health and fire safety checks. Must be referred to by a partner organisation and are available to all adults aged 65 and over
- Other NHS services (such as podiatry)

For further information about these services see 'Additional resources' slide

What are the gaps



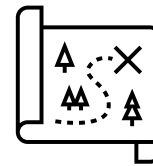
We want to get a better understanding of who is falling in Cheshire East. Many **people who have a fall do not attend a falls prevention service.**



We want to understand more about falls from our Ambulance and Fire Services.



There are gaps **between Cheshire East and the national average** for the number of hospital admissions for falls.



There is a **variation in need** across Cheshire East.

Read on for an outline of what we plan to do to tackle these issues.

We, as a network of NHS organisations, the Local Authority and Voluntary, Community, Faith and Social Enterprise organisations, plan to:

- To improve the **identification and management of individuals who are at risk of falling**
- **Reduce the stigma** surrounding falls
- Explore ways of **working with communities** on the issue of falls
- To **improve the way we work together on the prevention and management of falls**
- **Link with other reviews** where appropriate
- To **continue growing our understanding of falls** in Cheshire East, using more intelligence
- To promote the benefits of **addressing falls risk factors and overall wellbeing**



Additional resources

Here are some links to help you or someone you know



Strength and balance classes are available for people who are aged 65 or over and at risk of falling. Contact 0808 1643 202 or go to <https://oneyoucheshireeast.org/>

Cheshire East Live Well site on falls contains handy tips and support available in Cheshire East - <https://www.cheshireeast.gov.uk/livewell/health-matters/keeping-well/falls-prevention/falls-prevention.aspx>

Further information from the NHS on falls is available - <https://www.nhs.uk/conditions/falls/>