

CHESHIRE EAST HEALTH AND WELLBEING BOARD
Reports Cover Sheet

Title of Report:	Cheshire East Falls Prevention Strategy
Report Reference Number	
Date of meeting:	26 th September 2023
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Health & Wellbeing Board Lead:	Cllr Jill Rhodes

Executive Summary

Is this report for:	Information <input checked="" type="checkbox"/>	Discussion <input type="checkbox"/>	Decision <input type="checkbox"/>
Why is the report being brought to the board?	To communicate the work that is taking place via the Cheshire East Falls Prevention Group to address the issue of falls. This includes the development of a new Cheshire East Falls Prevention Strategy		
Please detail which, if any, of the Health & Wellbeing Strategic Outcomes this report relates to?	1. Cheshire East is a place that supports good health and wellbeing for everyone <input checked="" type="checkbox"/> 2. Our children and young people experience good physical and emotional health and wellbeing <input type="checkbox"/> 3. The mental health and wellbeing of people living and working in Cheshire East is improved <input type="checkbox"/> 4. That more people live and age well, remaining independent; and that their lives end with peace and dignity in their chosen place <input checked="" type="checkbox"/> All of the above <input type="checkbox"/>		
Please detail which, if any, of the Health & Wellbeing Principles this report relates to?	Equality and Fairness <input checked="" type="checkbox"/> Accessibility <input type="checkbox"/> Integration <input checked="" type="checkbox"/> Quality <input type="checkbox"/> Sustainability <input type="checkbox"/> Safeguarding <input type="checkbox"/> All of the above <input type="checkbox"/>		
Key Actions for the Health & Wellbeing Board to address. Please state recommendations for action.			

<p>Has the report been considered at any other committee meeting of the Council/meeting of the CCG board/stakeholders?</p>	<p>Adult and Health Committee</p>
<p>Has public, service user, patient feedback/consultation informed the recommendations of this report?</p>	<p>Yes, public consultation has taken via a variety of methods</p>
<p>If recommendations are adopted, how will residents benefit? Detail benefits and reasons why they will benefit.</p>	<p>The strategy aims to reduce the prevalence and seriousness of falls within the Borough for those aged 65 and over.</p>

1 Report Summary

- 1.1 Falls are a significant public health issue with a substantial proportion of residents aged 65 and over falling each year. A fall can have severe health impacts on the individual such as a fracture, soft tissue damage or even death. Consequently, it can also lead to increased usage of health and social care services including residential care.
- 1.2 A new falls prevention strategy has been developed to tackle this complex issue. This has the vision of, “preventing and reducing the impact of falls to enable people in Cheshire East to live independently for longer”.
- 1.3 The strategy aims to build on work conducted to date. This includes; the commissioning of strength and balance classes, recruitment of falls coordinators; and promotion of the issue of falls (such as via an annual falls awareness week).

2 Recommendations

- 2.1 To endorse the adoption of the new Cheshire East Falls Prevention Strategy

3 Reasons for Recommendations

- 3.1 Falls can have a damaging impact on the health of individuals. Consequences can include fracture, pain, greater fear of falling, and increased use of services such as hospital and social care (including residential care). The Cheshire East Falls Prevention Strategy’s aims to reduce this impact via implementation of a series of evidenced based preventative actions.

- 3.2 Substantial work has taken place with partners and residents to ensure the strategy is informed by their experiences and concerns. This includes via face-to-face discussions with groups of older people.

4 Impact on Health and Wellbeing Strategic Outcomes

- 4.1 This approach supports Health and Wellbeing Outcome 4, “That more people live and age well, remaining independent; and that their lives end with peace and dignity in their chosen place.” This is because older people will experience reduced risk of falling through the actions implemented as a result of the strategy.

5 Background and Options

- 5.1 Falls are a significant problem in Cheshire East with around 2,275 people aged 65 and over undergoing an emergency admission to hospital each year as a result of this issue. On a wider basis, it is estimated that one in three people fall each year¹. Cheshire East has 89,148 residents within this age group².
- 5.2 The consequences of falling can be significant. These can include fracture, pain, greater fear of falling, social isolation, frailty and increased use of health and social care services (including residential care)³.
- 5.3 However, falls are a complex health challenge to tackle with over one hundred risk factors identified as potential causes of falls. These include: age; medication; medical conditions; fear of falling and having a visual impairment⁴. There is also some national and local evidence of a relationship between falls and deprivation⁵. This means a multi-faceted approach is needed.
- 5.4 A new falls prevention strategy has been developed to address this challenge. This has the vision of “preventing and reducing the impact of falls to enable people in Cheshire East to live independently for longer”. This is accompanied by a series of aims which are: to identify those at risk of falling; help individuals at risk through the provision of evidence-based services and support; and to assist individuals who do fall to reduce the risk of this recurring in the future.
- 5.5 A number of actions have been implemented to date to address this challenge. For instance, this includes commissioning strength and balance classes; the introduction of two falls coordinators who will review practice in relation to falls and deliver multifactorial falls risk assessments; the commissioning of a falls pick-up service via the Council’s Assistive Technology contract.

¹ NICE. Falls in older people: assessing risk and prevention: NICE; 2013 [Available from: <https://www.nice.org.uk/guidance/cg161/chapter/1-Recommendations>.]

² OSN, Population estimates for the UK, England and Wales, Scotland and Northern Ireland - Office for National Statistics

³ Institute of Medicine (US) Division of Health Promotion and Disease Prevention; Berg RL, Cassells JS, editors, Washington (DC): National Academies Press (US); 1992., <https://www.ncbi.nlm.nih.gov/books/NBK235613/>

⁴ Epidemiology, Deandrea S, Lucenteforte E, Bravi F, Foschi R, La Vecchia C, Negri E. Risk factors for falls in community-dwelling older people: a systematic review and meta-analysis; 2010 Sep;21(5):658-68. doi: 10.1097/EDE.0b013e3181e89905

⁵ WHO, Chris J. Todd and Claire Ballinger and Sarah H. Whitehead, Reviews of socio-demographic factors related to falls and environmental interventions to prevent falls amongst older people living in the community, 2007

- 5.6 In addition to this, a Cheshire East falls awareness week has been promoted and a Cheshire falls booklet has been distributed to a range of locations such as sheltered housing, care homes and libraries on how falls risk can be reduced.
- 5.7 The strategy and actions have been steered by the Cheshire East Falls Prevention Group. This has included representation from the Integrated Care Board; East Cheshire Trust and Mid Cheshire Hospital Trust; Cheshire East Council and the Voluntary Sector.
- 5.8 This group would take forward the action plan which derives from the strategy (see Appendix 3. Note: this document will expand over time). This includes the following tasks: publicising the issue of falls (including a new campaign to promote the falls classes and conducting outreach work with community groups on this topic); further engagement with wider stakeholders inc. housing associations; involving the public in implementation of falls related actions (such as via a falls event which will also include gathering further views on this subject) and monitoring progress against key population health indicators.
- 5.9 The falls prevention strategy was developed via a range of measures to engage stakeholders and residents. Firstly, the strategy was drafted through co-production work with the Cheshire East falls prevention group. It was then further refined via a formal consultation process which took place from 16 January- 27 March 2023. This included visits to falls prevention classes and older people's groups to discuss the issue of falls with local residents. 77 people were present at these meetings.
- 5.10 The survey was also circulated to members of the Council's digital influence panel and published on the Council's website. In total, 28 surveys were completed on the strategy and 267 residents completed a survey also encompassing wider falls issues.
- 5.11 Promotion took place via emails to key stakeholders, use of social media and through the work of third party organisations such as Healthwatch.
- 5.12 A specific engagement session was held with Cheshire East Council Members in March to brief on the issue of falls and work around the strategy.
- 5.13 Key findings from the consultation were that: 88% agreed with the strategy vision; 85% agreed with the priorities and 81% agreed with the aims.
- 5.14 Comments made included: that the strategy needed to encompass those aged less than 65 but at higher risk of falling; the importance of emphasising exercise in general as a way of reducing falls risk; that the issue of pavements also needed to be considered. Please see Appendix 2 for further information.

6 Access to Information

- 6.1 The background papers relating to this report can be inspected by contacting the report writer:

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