

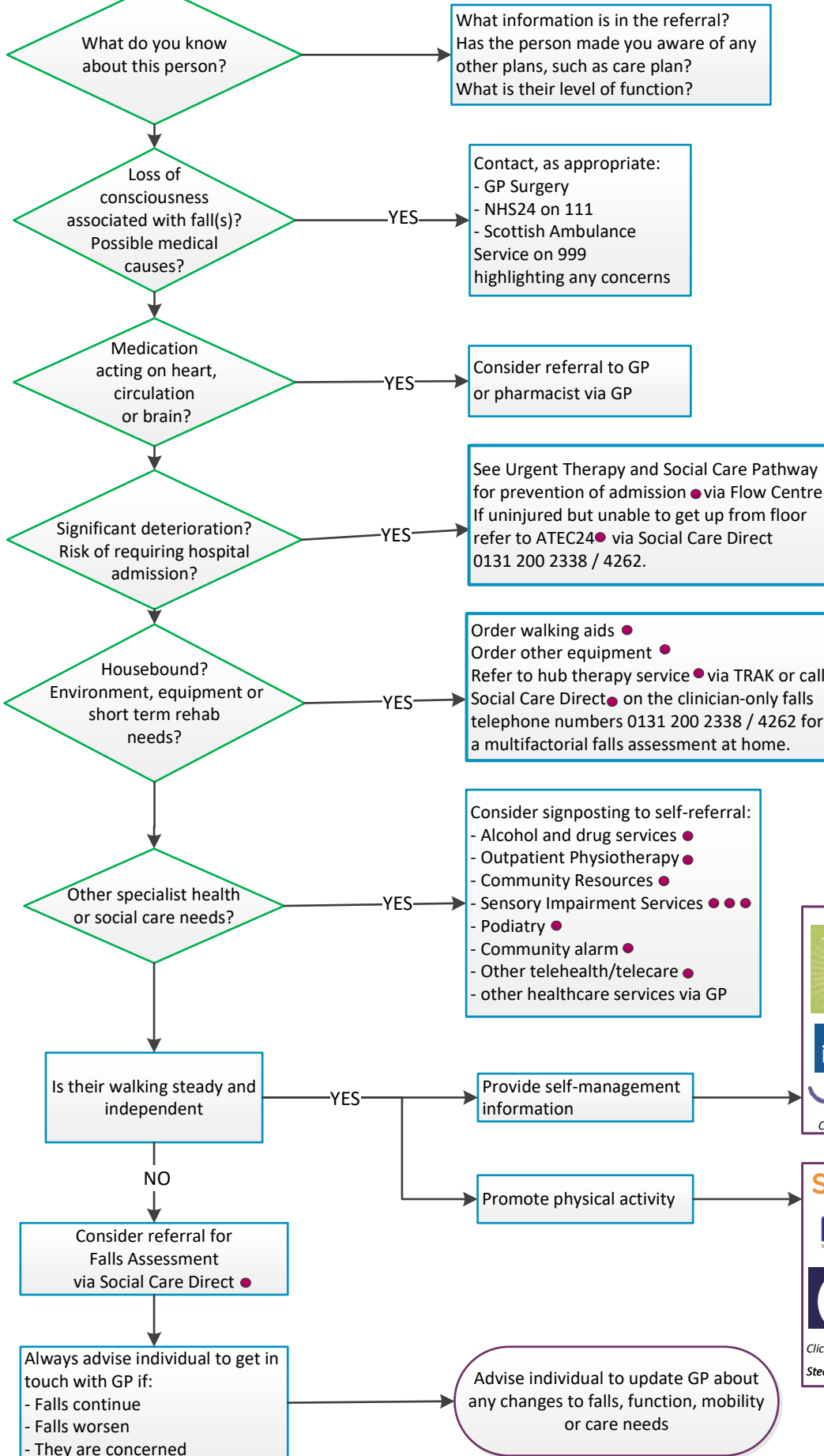
Edinburgh Falls Prevention Pathway

for Third Sector Practitioners

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Suitable for an adult individual who lives in the community and:

- has fallen recently
- is at risk of falls
- falls have increased
- or has a fear of falling



HAVE YOU CONSIDERED?:

Health and Symptoms:

- Dizziness
- Fainting
- Visual changes
- Hearing changes
- Headaches
- Chest pain
- Palpitations
- Joint pain and movement
- Mobility changes

Lifestyle, Psychological and Physical:

- Eating and drinking changes
- Alcohol or drug use changes
- Body weight changes
- Foot health
- Confusion and communication changes
- Confidence and mood changes
- Accessing physical activity
- Mental health changes

Environment, Equipment and Support:

- Mobility aids
- Community engagement and peer support
- Care needs and support
- Foot wear
- Home equipment
- Community alarms
- Other telehealth/telecare

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Steady Steps referrals via Health Professionals