

Falls Clinic:

Information for relatives, friends and carers

We aim to provide a high standard of care for patients age 65 and over who have fallen or have a fear of falling. We also provide appropriate advice, support and equipment to prevent further falls.

Your clinic appointment

We aim to see you in the clinic within 2-3 weeks of referral. If you don't receive an appointment within this time please ring: **CAT10: 0118 322 5474** or email rbb-tr.cat10@nhs.net

Location

The Falls Clinic is located in Battle Block Outpatient on level 1 Battle Block at the Royal Berkshire Hospital. There is lift access from level 2 to level 1.

In certain circumstances, we may arrange for a 'virtual' clinic appointment, either on the telephone or by video link. If the appointment is by video, you will receive separate information about how to access the NHS Attend Anywhere platform – please practice logging into this system in advance of your appointment, to check your camera and microphone are working.

If you are attending in person, please note that it is a long walk from reception to the clinic, so if you would like the buggy to take you from reception, please let them know.

Transport

The hospital is served by several local bus services. There is a multi-storey car park on site with disabled parking on levels 0 and 2.

We are sorry that ambulance transport can only be provided if you are unable to get into a car, bus or taxi. Please be aware that ambulance transport may have to pick up and return several people in different areas, resulting in delays.

What do I need to bring?

Please remember to bring a list of your current medications with you to the appointment.

We encourage you to bring a partner, relative, carer or friend to the clinic with you, particularly if they have witnessed some of your falls, or if you have any concerns over your memory.

What happens at the clinic?

You will be assessed by a nurse, doctor, physiotherapist and occupational therapist. Once you have been assessed by the different team members, you may then be sent for further investigations e.g. ECG, X-ray and blood tests.

Depending on the cause of your fall(s) you may also be asked to come back again at a later date for further investigations.

You will have the following assessments carried out at the clinic:

- Blood pressure (lying and standing)
- Daily lifestyle activity assessment
- Medical and medication review by the doctor
- Gait and balance assessment
- Bone health assessment

What happens after the appointment?

After the assessment, the doctor will write a letter to your GP outlining the findings and recommendations, a copy of which will be sent to you.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Dr D Johnson, June 2023

Next review due: June 2025