

Hope Project
01382 438300

District Nurses
Ask your GP practice

Dundee Volunteer and Voluntary Action
01382 305700

Foodtrain
01382 810944

First Contact
01382 434019



Falls Prevention Dundee

Falls are a common problem and can be more likely to occur as we get older. When this happens, it is important to identify why and to take action to improve the situation.



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This leaflet can be made available in other languages and formats on request
Speak to the health professional looking after you to arrange this

“I had a fall...”

“Or my balance is not so good”

Factors that can affect your risk of falling:

- Reduced balance
- Reduced strength
- Poor nutrition
- Reduced vision
- Multiple medications
- Footwear problems
- Alcohol
- Continence problems
- Environmental issues, for example uneven pavements

In this booklet there will be advice and contact numbers from different healthcare, council and voluntary services in Dundee:

- Physiotherapy
- Nutrition/Dietitian
- Opticians
- Social Work occupational therapy
- Podiatry
- District nurses
- Dial-OP/Foodtrain/Fire Service
- Community alarm

This is why we provide free Home Fire Safety Visits.

Our staff can help you spot a possible fire hazard, offer advice and guidance and fit smoke alarms free of charge if your home requires them.

A Home Fire Safety Visit only takes around 20 minutes.

Please call: 0800 0731999

Text: FIRE to 80800

Visit: www.firescotland.gov.uk

Useful telephone numbers

Dundee Falls Team

01382 423140

Social Work Occupational Therapy/Equipment Store

01382 307646 or 307645

Community Alarm/Social Work

01382 434000

Podiatry/Nail Cutting Service

01382 647461

Dundee Carer Centre

01382 200422

Podiatry

Podiatry will only accept patients with certain problems, such as:

- Severe peripheral arterial disease
- Diabetes mellitus with moderate/high risk score
- Anyone who requires nail surgery
- History of foot ulceration

Podiatry does not provide a personal nail cutting service.

Alternatively you can seek privately a chiropodist or you can look into a one-off 'Footstep' session provided by podiatry.

Dial-OP Services

Dial-OP provides a one stop information service for older people. We can signpost to relevant organisations or provide a referral on your behalf. We are here to help with any problems or queries no matter how big or small.

Please get in touch: 01382 305757

Fire Safety Information

Free Home Fire Safety Visit and free smoke alarms. Fire can happen to anyone, but it is our job to help make sure your home is as safe from fire as it can be.

Physiotherapy

Balance

Physiotherapist/support worker will assess your balance and will establish which specific exercises are appropriate for you.

Exercises

From the age of 30 you lose 1% of your muscle strength. This can lead to reduced balance and function. If you exercise you can prevent this loss happening.

The benefits of exercises are:

- ✓ Improved heart/lung function
- ✓ Improved circulation
- ✓ Improved joint mobility/flexibility
- ✓ Improved co-ordination
- ✓ Improved balance
- ✓ Improved muscle strength

It is important to exercise regularly to maximise the benefits.

Nutrition

Getting the correct nutrition can be important in preventing falls and can support the body to retain strength and prevent muscle loss.

Protein

Getting enough protein can help to prevent muscle loss, we need to eat more as we age. Good sources are:

- Fish
- Dairy
- Meat
- Eggs
- Beans, Pulses, Wholegrains

Vitamin D

Vitamin D is important for bone health and muscle strength. It is important to get adequate amounts. We get the majority from sunlight. Those at risk of low vitamin D are:

- Adults over age of 65
- People with darker skin
- Those who cover up their skin when outdoors
- People who spend most of their time indoors

It is recommended those at risk should take a daily supplement of vitamin containing 10 micrograms.

Having a healthy balanced diet is important. Sometimes a person can lose their appetite and experience unplanned weight loss. This can increase your risk of falling.

Lost weight recently without meaning to?

Clothes or ring looser?

Lost interest in eating?

If you have answered yes or don't know to any of those questions you could be at risk of under nutrition. For support and advice, you can call our Tayside wide NHS advice line:

GetNourished

Telephone: 01738 450556

Email: tay.getnourished@nhs.scot

Opticians (who will do home visits)

Specsavers

53 Murraygate

Dundee

DD1 2EA

Telephone: 01382 204040

www.eyes.scot

Social Work Occupational Therapy

Consider the following:

Do you have difficulty with getting into your bed or difficulty having a shower or bath?

Ask for an assessment or visit Dundee and Angus Independent Living Centre

Telephone: 01382 307646