

The new Falls Pathway referral form aims to ensure that the patient's referral is sent to the most appropriate service to avoid delays in assessment and a suitable pathway for treatment.

For patients with a Shropshire GP there is a one-for-all form which guides the referrer to the most appropriate service depending on the patient's level of frailty using a traffic light system.

*** Please remember that all 3 community-based services are NOT medical falls clinics.** If the patient requires further medical investigation/ experiencing symptoms of dizziness/ blacked out etc you must refer to one of the appropriate Medical Consultant or GP with Special Interest Clinics (i.e., DAART) in the first instance. **Follow the instructions in the grey box at the top of the form.** Following this assessment if the patient is suitable to receive exercise intervention to help with their strength and balance these clinics will refer to the most appropriate service.

How to use the form :-

1. If symptoms identified in the grey box have been excluded, please review your patient's level of frailty following the Scale on Page 1.
2. Complete the patient demographic sections and details about their falls.
3. **Only** complete the section on page 2 for the service that you require (as identified from the clinical frailty scale) and forward to that service **only**.

What do the different community services offer?

Elevate Strength and Balance Programme by Energize STW Clinical Frailty Scale 1-3 aimed at people aged over 60 who are not housebound, able to access community venues, **able to take part in sitting and standing activity unaided** but who have balance issues, lost strength and/or confidence or at risk of a fall.

Referrals can be made via Health Care Professionals or by the person themselves.

The service delivers progressive, evidence-based strength and balance classes across Shropshire.

Referral forms emailed to christina.morgan2@nhs.net or elevate@energizestw.org.uk

www.energizestw.org.uk/elevate

Shropshire Community Health (Shropcom) Falls Therapy Service support people who are **Clinical Frailty Scale 4-6** and who are not housebound; require non-urgent intervention; able to access community venues (out-patient clinic); experiencing falls (medical reasons for falls excluded); with support they may be needed to take part in sitting and standing activity.

The service delivers strength and balance programmes in a variety of venues across Shropshire. They can signpost people to other teams and services within the community if a need is identified.

Note: The Falls Therapy Service is an out-patient only service and assess patients in community venues.

Referrals are via the Falls Referral Form and is then emailed to:-

shropcom.fallstherapy@nhs.net.

[Falls Prevention - services available in Shropshire \(shropscommunityhealth.nhs.uk\)](http://shropscommunityhealth.nhs.uk)

NHS Community Therapy Services support people who are **Clinical Frailty Scale 7-9** who require assessment in their **own homes** as likely to be housebound or residing in residential/nursing home care. They may require intervention in/or specific to their home; **urgent (preventing hospital discharge) or non-urgent; experiencing falls in/due to home environment. They are more likely to benefit from some gentle exercise on a 1:1 basis to build muscle strength.** Shropcom.singlepointofreferral@nhs.net