

## **Falls Awareness animation – video transcript**

[Soundtrack: Upbeat music plays for the duration of the video.]

[Graphics: The logos of the County Durham Care Partnership, Supporting the Provider Market Team and Durham County Council are shown/]

[Narrator] Falls can happen to anyone, but are more likely as we get older, causing serious injuries or longer-term conditions.

[Graphics – an animation showing the five letters that make up the word FALLS, in block, outlined capital letters shown. The inside of each of the five letters making up the word FALLS the fills up to become a ‘word cloud’, with each letter containing a different one of five key considerations for avoiding falls. The letter ‘F’ contains the words ‘Physical Health’ in various sizes. The letter ‘A’ is made of the word ‘Wellbeing’ in various sizes. The first letter ‘L’ contains the word ‘Surroundings’ in different sizes. The second letter ‘L’ is made up of the words ‘Food & Drink’ in different sizes. The Letter ‘S’ is filled with the word ‘Equipment’ in various sizes. In the animation each of the letters spelling out FALLS then fall over in turn and drop from the screen.]

[Narrator] They contribute to many hospital admissions. They can affect personal confidence, and after a fall there is a greater chance of the same thing happening again.

[Graphics: an animation showing the five letters that make up the word FALLS falling over and lying flat before changing into five shapes: a red heart, blue open hands, a house in green, a yellow banana and a blue walking stick. These represent the five key considerations to help reduce falls.]

[Narrator] But don’t worry; there are a few simple actions that everyone can take. We will show you how to stay safe whether you are at home or out and about.

[Graphics: The animated graphic returns showing the five letters that make up the word FALLS, in capital letters each letter containing a

different one of five key considerations for avoiding falls that will be discussed in the video: Physical Health, Wellbeing, Surroundings, Food & Drink and Equipment. Underneath the Falls is the word 'Awareness'

[Narrator] For your **Physical Health**, there are six areas to consider:

[Graphics: the animation zooms into the letter F of FALLS which changes to a heart shape contains a word cloud made up of the words: Balance, Muscle and Joint Strength, Healthy Balanced Diet, Continence, Medication, Eyesight in various formats and sizes. Various other graphic representations of these six considerations are shown as they are mentioned, such as a seesaw to represent balance.]

[Narrator] **Balance**, reaction times and reflexes get slower as we get older, so try to plan in enough time to do things. Do simple, safe and regular exercises, which are designed to help this. Because we also lose **Muscle and Joint Strength**, it's important to exercise to stay strong. A little every day is the best approach. Weight bearing activities also help bones, which become more brittle as we get older. A **Healthy Balanced Diet** with enough calcium will maintain bone strength; and vitamin D from sunlight, food and supplements will ensure it is absorbed. Rushing to the loo makes falls more likely, so seek support if you have **Continence** concerns. If your **Medication** makes you dizzy or drowsy, talk to your GP. Regular Reviews are your opportunity to discuss any concerns.

[Graphics: the wording: 'Never stop taking medication until alternatives are found' appears.]

[Narrator] **Eyesight** deteriorates, as we get older. Have an annual test, and don't delay if you notice any changes.

[Graphics – a graphic representing an eyesight test chart is show, revealing the words: 'Have an annual test and don't delay – it's easy to miss obstacles or kerbs.]

[Graphics: the FALLS word animation appears again, zooming into the letter A which contains word cloud for Wellbeing, which becomes a word cloud in the show of two open hands containing the words: wellbeing, confidence, keep connected, long term conditions, friends and relatives, alcohol, trip hazards and surroundings in various formats and sizes.

Various other graphic representations of these five considerations are shown as they are mentioned.]

[Narrator] There are five key areas to focus on when looking at your **Wellbeing**:

Getting back your **Confidence** after a fall or being less fearful about the possibility relies on taking careful, but positive action.

So in safe spaces, avoid too much time sitting around, stay active, but be sensible.

If you have had a fall, work through the causes, and then 'put it behind you'.

[Graphics: a graphic of a checklist of showing 3 possible causes of a fall is shown: 'Trip Hazard', 'Loose Cable' and 'uneven carpet'. Each are ticked off in turn.]

[Narrator] **Keep Connected**, by always carrying a charged mobile phone when out and about, so that you can easily call those who support you.

If you have any **Long-term Conditions** make sure that you understand how your symptoms or medication could contribute to the possibility of a fall.

[Graphics – a graphic of a tablet bottle is shown with the label: Warning! Medication may cause drowsiness.]

[Narrator] Work out the best strategies to limit risks, whether they're time or environment related.

Enlist **Friends and Relatives** to help you. A problem shared really is a problem halved; so spend time with them doing the things that you enjoy, to stimulate your body and your mind.

Lastly, be careful with **Alcohol**. We all become less able to process the same amount, we could when we were younger.

[Graphics – the animation of the FALLS lettering returns, this time zooming into the first letter L which is filled with the word Surroundings in various sizes. This becomes a word cloud in the shape of a small house containing the words: 'poor weather', 'avoid rushing', 'temperature',

‘clothing & footwear’, ‘avoid overstretching’ and ‘lighting’ in various formats and sizes. Various other graphic representations of these seven considerations are shown as they are mentioned.]

[Narrator] Many falls can be avoided with a few small improvements to our **Surroundings**. Here are seven areas to consider:

Whether inside or outside, and particularly when travelling on foot, be aware of **Trip Hazards**.

Ensure good **Lighting** inside and outside your home. Avoid dark and poorly lit public areas at night.

Arrange your home space to **Avoid Overstretching**, particularly in cupboards or other small spaces.

Dispose of **Clothing & Footwear** which either snags or fits you poorly.

Keep a consistent warm **Temperature** at home. Being cold can lead to huddling or shuffling, both of which can cause falls.

**Avoid Rushing**, particularly in unfamiliar areas, where hazards could be easily missed.

Do not venture out in **Poor Weather**, instead ask those around you to help with things like shopping.

[Graphics – the animation of the FALLS lettering is shown again, this time zooming into the second letter L which is filled with the words Food and Drink in different sizes. This becomes a word cloud in the shape of a banana containing the words: ‘hydrated’, ‘healthy balanced diet’ ‘eat small amounts regularly’ and ‘take care of your teeth’ in various formats and sizes.] Various other graphic animations representing these considerations are shown as they are mentioned.]

[Narrator] **Food & Drink** is another key factor.

Here are five actions to take every day:

Keep **Hydrated**. It’s essential to avoid many conditions that can contribute to falls, including both dizziness and confusion.

For peak mental and physical health drink 6-8 cups of water every day.

It doesn't have to be plain water, so drink what you enjoy the taste of, and that will also make **Taking Your Medication** much easier.

Eat a **Healthy Balanced Diet** as it fuels everything else you do. Keeping your strength up and your body working properly will greatly reduce the chances of a fall.

**Eat Small Amounts Regularly**, especially when you don't feel like large meals.

and lastly, don't forget to **Take Care of your Teeth** or dentures, so that you are comfortable and can avoid any pain while eating.

[Graphics – the animation of the FALLS lettering is shown again, this time zooming into the letter 'S' which is filled with the words Equipment in different sizes. This becomes a word cloud in the shape of a walking stick containing the words: 'asking for help', 'never be embarrassed', 'right equipment' and good working order'. Various other graphic animations representing the four key considerations are shown as they are mentioned.]

[Narrator] **Equipment** can help us to avoid falls, let's look at the four key considerations:

When you need to, **Ask for Help**. There are lots of professionals who can advise you on the right equipment to keep you safe and comfortable.

**Never be Embarrassed** about needing equipment. The best course of action is always to find solutions to avoid a fall, wherever possible.

Only use the **Right Equipment**, whether that's non-slip mats, grab rails, or something more specialised.

Regularly check that it is in **Good Working Order** and replace anything which is worn out or broken to avoid any unnecessary accidents.

[Graphics: the FALLS animated lettering returns briefly, to be replaced with the website address [www.durham.gov.uk/falls](http://www.durham.gov.uk/falls) and the logos of the County Durham Care Partnership, Supporting the Provider Market Team and Durham County Council.]

[Narrator] For more information about falls visit our website.