

**Strong and Steady Questionnaire**

**The class will help with muscle strengthening and balance and can help prevent falls, helping you stay independent**

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| **Participant details** |
| Title (Mr, Mrs, Miss, Ms or other):Your name:Date of Birth:  Sex: Male / Female / Other ……………………..  | Address:Telephone number: Email address: |
| **Emergency Contact details – *please tell your contact that you have given us this information*** |
| Name:Relationship to you: | Telephone number:Mobile number: |
| **Questions we need to ask** |
| 1. Have you had any falls in the last 12 months?

If yes, approximately how many and can you give reasons why you fell: ………………………………………………………………………………………If you don’t know why you fell has there been an investigation to find out the cause?1. Do you have any balance problems, dizzy spells or faints?
2. Do you have to use your arms to help you when you go to stand up from a knee height chair?
3. Do you have Parkinson’s disease?
4. Have you had a Stroke?
5. Do you take 4 or more different types of medication?
 |  Yes No Yes No Yes No Yes No Yes No Yes No Yes No |
| **If the answer to 3 or more of the above questions is ‘yes’ we may need to call you to discuss your answers.** |
| **Mobility**  |
| 1. Do you use a walking stick or walking frame?
2. Are you able to stand without support for more than 30 seconds
3. Do you regularly walk for 10 minutes or more?
 |  Yes No Yes No Yes No |
| **Other Relevant Health Information** |  |
| 1. Do you have any health conditions, had a recent operation, joint replacement or fractures?

Please give details:………………………………………………………………………………………………………………………………………………………………………………………………..1. Are you up to date with your Covid-19 Vaccination? Yes No
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| 1. To help you get the most from the class, please say if you have:
2. A visual impairment
3. A hearing impairment
4. Difficulty understanding instructions
 |  Yes No  Yes No Yes No |
| **Please Sign and Date here and then turn to page 2:**Signature: Date: |
| **Who referred you onto this class?****GP/ Nurse Physio/ Occupational Therapist Balance and Safety Class** **Village Agent Health Coach/ Connector Self Referral** **please give details:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **How did you find out about the classes?****Online Promotion Publication (please give details below) A current participant** **Family member/carer/neighbour Village Agent Health Coach** **Other (details)** ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **What is your Ethnicity?****White**  **Mixed Asian Black, African, Caribbean**   **Other** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| The section below should be completed by a health professional: this could be your doctor, a nurse, occupational therapist, physiotherapist, or health advisor, **BUT IF YOU HAVE ANY PROBLEMS PLEASE DO SEND THROUGH THIS FORM ANYWAY.** |
| Name: Address with post code:Occupation:Telephone number: Email: |
| **Health Professional Signature: Date:****I confirm the candidate is suitable to attend an Age UK Somerset Falls Prevention class****I confirm that I have read the Inclusion Criteria** |

**Participants should read the following information:**

**Once you and your health professional have signed the form, please return all pages:**

Age UK Somerset, Ash House, Cook Way, Bindon Road, Taunton TA2 6BJ

An instructor will contact you to book the time and place of your class

Classes are delivered by qualified instructors as part of the Otago programme, which is evidenced to assist with improving strength, balance, confidence and to reduce falls

Please note: You must make the instructor aware if answers to any questions on the form change

Please telephone 01823 345614 or email fallsprevention@ageuksomerset.org.uk with any questions

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| **How Age UK Somerset uses your information**In providing this service to you, we may use your personal data and sensitive health data to attend to our legal obligations, your vital interests and our mutual legitimate interests. We are then able to safely and efficiently deliver our Falls Prevention programme. We will process your data in a way that you would expect us to, which will include assessing your physical suitability for the programme, contacting you about any change in class scheduling, other relevant exercise and activity classes that you may be interested in, the quality of our service and to inform our class leaders (and the emergency services if necessary) about your emergency contact details and pertinent health information.**Information Sharing**We may be required to share your personal and sensitive data with a falls specialist from Somerset Partnership NHS Foundation Trust (SOMPAR). We would only need to do this in order to assess your acceptance onto our Falls Prevention programme. For more details of how your data is used and stored, please refer to our Privacy Policy on <https://www.ageuk.org.uk/somerset/privacy-policy/> or ask us for a paper copy. To ask us any questions about this, please telephone us on 01823 345610.Ref: Otago 09/18 PN |

Coronavirus/Covid-19

Please read and indicate your understanding and acceptance, even if you do not intend to take part in or return to community-based exercise at this time The novel coronavirus, Covid-19, has been declared a worldwide pandemic by the World Health Organisation. Covid-19 is contagious and is believed to spread mainly from person-to-person contact. As a result, local governments and government health agencies recommend social distancing. Age UK Somerset has put in place preventative measures to reduce the risk of spreading COVID-19. However, there is a risk of contracting Covid-19 through attending our activities and we cannot guarantee that you will not become infected. I confirm that I will not attend Age UK Somerset classes if I have Covid-19 symptoms or I am required to self-isolate. I will comply with all preventative measures as required by Age UK Somerset and the venues where their classes take place. ‘I hereby acknowledge the contagious nature of Covid-19 and voluntarily assume the risk that I may be exposed to or infected by Covid-19 by attending Age UK Somerset classes and that such exposure or infection may result in personal injury, illness or even death. I understand that the risk of becoming exposed to or infected by Covid-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Age UK Somerset employees, volunteers, and programme participants and their contacts. In this knowledge, I understand that participation is at my own risk. I voluntarily agree to assume the risks, accepting sole responsibility for my participation and release Age UK Somerset and its employees and volunteers from any legal liability for physical injury, illness, damage, loss, claim, liability or expense of any kind that may be incurred as a result.’ By completing this form, you are registering to participate in Age UK Somerset activities, and you are accepting this waiver and all the terms and conditions (insofar as they are applicable). You should only join if you have read them and voluntarily accept them.

**Notes** (For office use only):