

Falls Prevention in Action

Age UK Wakefield District Team working within Connecting Care

Maureen has macular degeneration, which has caused her sight to deteriorate rapidly in 2 months. Living alone, the dangers in the kitchen meant she was struggling to make meals and hot drinks and family members were worried she may burn herself. They were very concerned about falls because Maureen had to feel her way around the property.

Maureen wanted to maintain her independence and was adamant that she did not want any carers to assist. In spite of a supportive family she felt isolated and had lost all confidence outside the home, even if other people were with her.


An Age UK Wakefield District team member completed an initial assessment and a falls assessment. Finding Maureen was also financially compromised, they helped her to apply for Attendance Allowance, so she would have control over any support needed.

The Age UK Wakefield District team made referrals to appropriate services. The Sensory Impairment Team provided appropriate aids for the kitchen appliances to greatly reduce any risks of injury and agreed to keep in touch as her sight deteriorated. MY Therapy provided a toilet seat and grab rails to reduce the risk of falls and helped Maureen with exercises to prevent her mobility from deteriorating and reduce the risk of a fall

As conversations developed, Maureen agreed to consider independent living properties and was placed on the waiting list. Although a big step, Maureen would be safer, her family feel more reassured and her access to social interaction would be greatly increased, without the worry of going out.

This combined and coordinated response greatly reduced the chance of Maureen falling and relieved the considerable strain on the family. Maureen obtained the benefits she is entitled to, giving her options for support, has a reduced her risk of falling and was left well placed to access an apartment in one of two independent living facilities that she liked.

(Name changed to protect identity)



"It is nice to feel a bit safer and I am happy that my family are not as worried. I can't wait until a flat becomes available because they seem very nice".