

## Falls Prevention

Did you know over 60% of falls happen in the home? Here's some advice and guidance on the causes, how to avoid hazards and prevent falls.



### What are some causes of falls?

#### Sensory and balance problems

- The normal changes of aging such as poor eyesight, poor hearing.
- Illness and physical conditions can affect strength and balance.
- Loss of muscle (and mobility).
- Poor balance.

#### Medication

- Medication can produce side effects which can alter balance and lead to falls. e.g. medications for high blood pressure, diabetes and heart conditions can cause unsteadiness.
- Falls are more likely if you are taking four or more medicines.

#### Home hazards

- Indoor hazards such as internal steps, rugs on the floor, slippery tiles in the bathroom.
- Inadequate lighting between the bedroom, bathroom or toilet at night.
- Poor footwear such as loose slippers, shoes that do not fit properly.
- Garden and outside hazards such as outside steps without handrails or are slippery, and uneven footpaths.

#### Tips on how to prevent falls

- Eating healthy and nutritious food.
- Drinking enough fluids.
- Maintain a healthy and active lifestyle, exercise may prevent joint and muscle weakening.
- Limit alcohol intake.
- Take medication as prescribed.
- Before getting out of bed, sit on the side for a moment before standing, allowing blood pressure to adjust to limit dizziness.
- If a walking aid in place use it e.g. frame, walking stick.
- Have handrails put on both sides of the stairways - grabrails.
- A falls pendent alarm may be useful.
- Use night lights in bedrooms, hallways, bathroom.
- Remove rugs or fasten them down with carpet tape.
- Do not put electrical cords across pathways.
- Wear suitable shoes that fit correctly, do not walk in socks.

We can always arrange for an Occupational Therapist to visit and give advice. Please contact the office if you would like further information 01 625 526850.

## The Rex Cinema, Wilmslow

The distinct Art Deco styled red brick building in the centre of Wilmslow has welcomed back cinema goers. The Rex retains many of the original features from 1936, but includes modern comforts including luxury seats and sofas. The Rex is showing the latest film releases, plus special 'live' screenings including opera and ballet performances.

The re-opening has been warmly received by the local community and its success will depend upon ongoing support.

To find out more visit  
[www.rexcinemawilmslow.com](http://www.rexcinemawilmslow.com)



## Note from our Founder

Welcome to our Spring newsletter. This issue has a big focus on falls prevention in the home. It is an important topic as falls can have an impact on confidence, increase isolation and reduce independence. According to NICE (The National Institute for Health and Care Excellence) thirty per cent of people aged 65 and over will fall at least once a year. For those aged 80 and over it is fifty per cent.

The average cost of a hospital admission resulting from a fall costs on average £5,000. No surprise that the NHS are keen to raise awareness of the impact of falls to reduce not only the cost burden, but unnecessary admissions. We hope you find the article helpful and should you require further advice please contact Michele, our Registered Care Manager.

The next quarter is a busy one for Bank Holidays, we've detailed the dates in April and May so that you can plan, in advance, any changes to your schedule.

We are currently waiting for the outcome of our recent CQC inspection, we hoped to be able to share it with you in this edition, however as soon as we hear we will let you know

**Karen Perry, Founder**  
[karen@alicechilton.com](mailto:karen@alicechilton.com)



NEXT EDITION 1ST JULY 2019

# CQC Inspection

The CQC, Care Quality Commission, are the independent regulator of all health and social care services in England. They monitor, inspect and rate the work we do as a care provider. Every two years they undertake a comprehensive inspection of the care and support we provide. In February 2019 our latest inspection took place which included conversations with our clients and care team to establish if we meet the Key Lines of Enquiry (KLOE).

## The 5 Key lines of enquiry are:

**Are we safe?** - do we protect you from abuse and avoidable harm?

**Are we effective?** - does the care and support we provide ensure that we maintain your quality of life and achieve good outcomes?

**Are we caring?** - do our carers treat you with compassion, kindness, dignity and respect?

**Are we responsive to your needs?** - is our service organised so we can meet your needs?

**Are we well led?** - does the leadership and management at Alice Chilton ensure that we provide high quality care based around your individual requirements, and that we promote a fair culture?

After the inspection they will determine whether the KLOE's are being met. There are 4 possible outcomes they can issue; Inadequate, Requires Improvement, Good and Outstanding.

Our inspection in 2016 rated us Good in all areas. At the time of going to press we had not yet received our rating.

We are committed to ensuring that our care team are fully trained, understand your needs, requirements, and are caring and compassionate.

**If you have any thoughts or ideas on how we can continue to maintain our high standards or areas for improvement, then please let us know.**



**Michele Bushell,**  
Registered Care Manager  
Call Michele on 01626 526850  
or email [michele@alicechilton.com](mailto:michele@alicechilton.com)



## Meet the Team

Freya Twigg studied A Level Performing Arts and A Level Dance at college. Her love of dance started age 5 and since then she has danced her way through most genres including ballet and tap. Modern and Contemporary were her passion, inspired by the hit 80's film Dirty Dancing which she has watched many, many times.

She has quickly danced her way into the hearts of our clients with her thoughtful care and kindness. She joined our care team in June 2018 after being convinced by friends that she would enjoy working in this sector. They proved to be right, "My biggest joy is to bring joy to others" said Freya of her care work. "Getting to know a client's history is so interesting, hearing about the lives they have led. I understand that sometimes their circumstances change, particularly after an illness I see my role as helping a client to continue to live at home independently and carry on with life as normal."

Freya has two children, Aiden 5½ and Skyla 1, with her partner Steve, they live in Stockport together with their two rescue cats. Freya is a big Manchester United fan, an animal lover and regularly takes part in charity events including the Shine Midnight Marathon Walk, raising money for Cancer Research UK. She is taking part in the Memory Walk in Manchester on the 2nd March, fund raising for the Alzheimer's Society. Freya carries out her care work with professionalism, is conscientious and hardworking, evident from the wonderful feedback from both clients and colleagues.

## Spring Clean

Typically, Spring is the time to undertake a thorough cleaning of the home.

This year why not arrange for Alice Chilton Cleaning Services to do this for you? We'll bring along all the equipment and products required to refresh your home from top to bottom!

We'll be able to provide a quote for you based on the size of your home and book an appointment that's convenient for you.

For more information contact **Caroline** on 01625 526850  
email [info@alicechiltoncleaning.co.uk](mailto:info@alicechiltoncleaning.co.uk)  
or visit [www.alicechiltoncleaning.co.uk](http://www.alicechiltoncleaning.co.uk)



**alice chilton**  
cleaning services limited

## Easter & May Bank Holidays

A friendly reminder that the following holidays are coming up and will be charged at double time. If you would like to amend your schedule on these days then please contact Mark, our Resource Manager on 01625 526850 or email [mark@alicechilton.com](mailto:mark@alicechilton.com)

During the holiday period our team will be taking time off with their family and friends so we may have to make changes to your usual support to accommodate their requests.

When the holiday falls on a Monday or Friday the office will be closed, however there are emergency contact numbers listed in the blue client journal.

**Good Friday**  
19th April 2019  
**Easter Sunday**  
21st April 2019  
**Easter Monday**  
22nd April 2019  
**May Day**  
6th May 2019  
**Late May Bank Holiday**  
27th May 2019

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