



"Self-Care is not self-indulgence, it is self-preservation - Audre Lorde"

This week we would like you to support your service users to identify any potential falls risks that could be related to their health and wellbeing.

Consider the following:

- Is a specialist review required? (e.g. MS, Parkinson's, Diabetes etc)
- Has a medication review been completed in the last 12 months?
- Have they had their eyes tested in the last 12 months?
- Have they had their hearing tested in the last 12 months?
- Have you got any concerns regarding their memory or ability to keep themselves safe?

If you identify any concerns from the above, please support your service users to action these (e.g. arranging optician or audiology appointments, arranging medication reviews etc.



If you require any support and guidance with actions please liaise with your line managers and Reablement Facilitators.

People Week!