

# Developing a falls management tool for adults with learning disabilities

ISSUE One – December 2021



Welcome to the first edition of the 'Developing a falls management tool for adults with learning disabilities' study newsletter. We are now up and running with the study which is great news. This issue gives an overview of what the study is about and what we are currently working on. We have had lots of interest in the work so far which is great and we hope to keep you all updated on our progress and anything interesting we find along the way!

## Spotlight on the team: Carol Tucker



### A little bit about me...

I have worked as a physiotherapist within LD services for many years and am really pleased to be part of the study. As physiotherapists we aim to support service users and carers to identify risk, support in the management of that risk, and enable service users to be the best that they can and lead fulfilling lives.

### Why I am excited about this research...

I feel that this research is exciting and the development of the checklist could be really helpful and it is great that such a broad range of groups are involved in this piece of work, helping to shape a piece of work which can be used for the benefit of many service users in the future.

### One interesting fact about me...

I have recently retired from my physiotherapy team leader post and am enjoying the extra time to go back to some hobbies which had been long forgotten - sewing and piano playing being the present two. Also enjoying the opportunity to be walking Sander, our border collie.

## What is the study all about?

The study aims to develop a falls management checklist to support adults with intellectual disabilities (and those working with them) to think about the reasons they might fall and what could be done to reduce the chance of falling. The checklist is called the Guide to Action Tool.

## What does the study involve?

1. Talking to different stakeholders
2. Agreeing on the core components of the checklist
- 3 Trying out the checklist to see what people think about it

## What have we done so far?

So far we have talked to lots of healthcare professionals and some carers about their views on the checklist. We have plans to talk to a group of adults with learning disabilities in January next year.

## We need you!

We are currently looking for carers supporting adults with learning disabilities to take part in an interview about your views on falls management. Please get in touch with Nicola as we are really keen to hear your views -

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