

# Developing a falls management tool for adults with learning disabilities

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## Welcome

to the third edition of the 'Developing a falls management tool for adults with learning disabilities' newsletter

This issue looks at how far we have come with your help, and our next plans! Have a lovely summer

*Katie Robinson-Study Lead*

## What is the study about?

The study aims to develop a falls management checklist to support adults with learning 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 have we done so far?

- We have completed our interviews with the help of healthcare professionals, carers and adults with learning disabilities. **Thank you** to everyone who has been involved. Nicola, our clinical researcher, is now busy writing up the first of our papers on the study
- From the interview feedback, we have decided to make two parts to the tool- one part aimed at clinicians and the other part aimed at adults with learning disabilities and carers to be able to use
- We are starting work on the clinician part of the tool first, and in June held a workshop with clinicians to look at the tools format. The tool has now gone to a group of clinical experts to check its content is up to date

## What's next for the study?

The next stage is to try out the tool with a local group of clinicians and adults with learning disabilities to see what they think about using it

## Spotlight on the team: Alice Kilby

### A little bit about me...

I'm a physiotherapist and Consultant Therapist for Falls Prevention and Management at Nottinghamshire Healthcare. My role is to provide strategic leadership on 'all things falls' for the organisation. I really enjoy supporting a whole person, multidisciplinary approach to healthcare and to falls prevention and management

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

Being part of this steering group brings such joy! It's great to be part of something where we are listening with curiosity to people who will end up benefitting from the tool that we are developing. Supporting a compassionate approach to research that enables services users and healthcare professionals to truly be part of the story is really rewarding, and being part of the steering group means that I can feel confident it really is happening in practice

### One interesting fact about me...

I re-found my love of running last year during #AHPsActive campaign on twitter. I won the parent and child race at sports day recently – so my training as been paying off!



## We need you!



We are really keen to share the results of everyone's hard work on the study. In June Nicola presented on "Supporting Adults with Intellectual Disabilities to take part in research" at the

Engage, Enthuse, Empower' conference, and Katie is due to present study results at the Association of Chartered Physiotherapists for People with Learning Disabilities, learning event in September.

If you know of any opportunities for the team to present our study research or would like to get in touch, it would be great to hear from you. Please contact Nicola

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