

# Developing a falls management tool for adults with a learning disability

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**Welcome** to the Fourth edition of our newsletter. This issue looks at what the study team have been busy working on and some exciting developments!

*Have a wonderful Christmas and happy New Year*  
Katie Robinson-Study Lead

## What is the study about?

The study aims to develop a falls management tool to support adults with a learning disability (and those working with them) to think about the reasons they might fall and what could be done to reduce the chance of falling.

## What have we done so far?

- We have completed our interviews with the help of adults with a learning disability, carers and healthcare professionals.
- 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 a learning disability and carers to be able to use.
- The content of the tools have been checked by a group of clinical experts.
- We have developed the clinician tool and will finish the tool for adults with a learning disability and carers by Christmas.

## What's next for the study?

The study and our newsletters will be paused from Christmas until next autumn as Katie is on maternity leave.

When Katie returns we will try out the tools with a local group of adults with a learning disability, carers and clinicians, to see what they think about using them. We will also restart the newsletter to keep you up to date.

## Spotlight on the team: Nicola Lidstone



### A little bit about me...

I'm a physiotherapist and currently working as a clinical researcher on this study. I've really enjoyed my time on the project and all the great people I have had the opportunity to speak and spend time with. If you have any interest in research I'd definitely say go for it!

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

I have learnt so much about research, the importance of collaborative working and the need for the tool that we are all creating.

### One interesting fact about me...

I do a lot of art in my spare time and have exhibited both in the UK and abroad.

## New!

### New name

The study is now called Action Falls for ALD  
Look out for our new logo!



### New website

Information about the study can now be found on our website, along with details on how to get in touch- we'd love to hear from you.

<https://www.nottingham.ac.uk>

### New Presentations

Over the past few months we have been busy sharing the study results and everyone's hard work. In September Katie presented at a learning event for the Association of Chartered Physiotherapists for People with Learning Disabilities and also at the International conference on falls and postural stability. And Nicola worked alongside a fantastic team from Guy's and St Thomas' NHS Foundation Trust and Dimensions to present at the British Institute of Learning Disabilities conference. Sue from our Patient and Public Involvement group came along and really enjoyed the day:

*"I am glad I attended the conference.... it was so well organized and made me more aware of how much more needs to be done to make sure all services are inclusive to everybody" Sue Knowles*