

Falls Clinic

We aim to provide a high standard of care for patients age 65 and over who have fallen or have a fear of falling. We also provide appropriate advice, support and equipment to prevent further falls.

We aim to see you in the clinic within 2-3 weeks of referral. If you don't receive an appointment within this time please ring:

- CAT10: 0118 322 5474 or
- Falls Clinic: 0118 322 6547

Location

The Falls Clinic is located in Battle Block Outpatient on level 1 Battle Block at the Royal Berkshire Hospital. There is lift access from level 2 to level 1.

How to find us from main entrance;

From main reception on level 2 walk down the corridor to the Welcome Desk and turn right. Walk down the stairs. You are now in Eye Block. Walk through Eye Block into Battle Block and head for the lifts in the centre of the block. Take a lift down to level 1 – Battle Block Outpatient is immediately on your left (opposite Whitley Ward).

It is a long walk from reception, so if you would like the buggy to take you from reception, please let them know.

Transport

The hospital is served by several local bus services. There is a multi-storey car park on site with disabled parking on level 2.

We are sorry that Ambulance transport can only be provided if you are unable to get into a car, bus or taxi. Please be aware that ambulance transport may have to pick up and return several people in different areas and there may be delays.

What do I need to bring?

Please remember to bring a list of your current medications with you to the appointment.

You will be here for at least two hours. Sometimes, it can be longer than that, so it may be a good idea to bring a packed lunch with you.

We would encourage you to bring a partner, relative, carer or friend to the clinic with you, particularly if they have witnessed some of your falls.

What happens at the clinic?

You will be assessed by a nurse, doctor, physiotherapist and occupational therapist. Once you have been assessed by the different team members, you may then be sent for further investigations e.g. ECG, X-ray and blood tests. Depending on the cause of your fall(s) you may also be asked to come back again at a later date for further investigations.

You will have the following assessments carried out at the clinic:

- Eyesight testing
- Blood pressure (lying and standing)
- Daily lifestyle activity assessment
- Medical and medication review by the doctor
- Gait and balance assessment

What happens after the appointment?

After the assessment, the doctor will write a letter to your GP outlining the findings and recommendations, a copy of which will be sent to you.

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Dr M Pearson / S Pradhan, January 2019
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