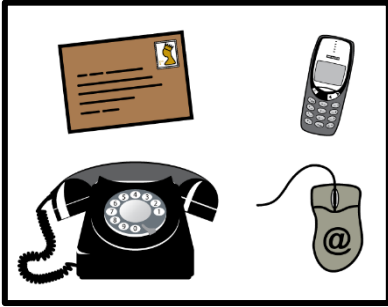


Easy Read

Useful organisations for people at risk of falls



Useful contact numbers



Below are some organisations you can contact for support to lower your risk of falling.



NHS – For urgent medical help and advice that isn't an emergency. Available 24 hours a day, 7 days a week.

Call: **111** or website: www.111.nhs.uk



Adult Social Care – Call: **0113 222 4401**



Age UK – A charity for older people, providing information and advice. They can offer health and wellbeing support, advocacy, hospital to home and help at home support. Call: **0113 389 3000** or website www.ageuk.org.uk



Access Bus - Full accessible door-to-door transport for anyone unable to use public transport. 7 days a week.

Call: **0113 348 1900**



Care and Repair (Homeplus) Leeds -

Can look in a home for hazards and carry out small changes such as fitting of rails to reduce the risk of falling in and around the home.

Call: **0113 240 6009** or website:

www.care-repair-leeds.org.uk



Leeds Directory -

Provides information on falls prevention and management, including services that can potentially support reducing a person's falls risk.

Call: **0113 378 4610** or website:

www.leedsdirectory.org/falls-prevention-and-management/



Neighbourhood Network Schemes (via

Older People's forum) – Voluntary sector organisations that provide a range of services and activities for older people across Leeds.

Call: **0113 244 1697** or website:

<https://www.opforum.org.uk/projects-and-campaigns/neighbourhood->

LEEDS.GOV.UK

Telecare – An emergency alarm system provided by pressing a pendant alarm or wrist alarm which enables people to summon assistance in the event of a fall.

Call: **0113 378 3290** or website:

<https://www.leeds.gov.uk/adult-social-care/help-at-home/help-alarms-and-safety-in-the-home>



William Merritt Disabled Living Centre

– Impartial information and advice and free assessments on a wide range of disability equipment.

Call: **0113 350 8989**