**Improving falls education, awareness and exercise in older people, and the impact of Covid-19 on falls and deconditioning**

Biography

I qualified as an Occupational Therapist (OT) in 2001(BSc hons) and have been working in the community for the last 18 years, always within teams that see patients who fall. I am currently working within a falls and rehab team, where fallers take up a large percentage of our caseload. I work a split post as the falls lead for Nottingham CityCare alongside my OT work.

I was seconded to work with the university as a research assistant at Nottingham University (2013-2015) completing qualitative research as part of a mixed method study on dementia and falls, and was lucky enough to present a poster at the EUGMS in 2014, and be published as part of this work. Prior to training as an OT I completed a psychology degree (BA hons) before realising my calling, going on to work as an assistant across a range of settings before resuming my studies. I am also a keen climber, so understand falls risk assessments from a variety of perspectives.

Abstract

This presentation will overview of falls services within Nottingham Citycare, and how we work withing the falls and rehab team to assess and address fallers. It will encompass educating patients and the public to understand why falls happen, how to get up from a fall and how to reduce the risk of falling and the tailored nature of falls assessments and interventions.

It will move on to focus on the impact of the impact of the pandemic and lockdown on physical activity in older people that we have seen within community services, and the latest research in this area, covering the wider impact of COVID-19 on physical activity, deconditioning and falls in older adults, the Allied heath professionals’ role in rehabilitation during and after COVID 19, and the deconditioning pandemic, and why is it so important to improve people’s awareness of the importance of maintaining and developing their activity and abilities in reducing their falls risk.

 I will overview specific new research and opinion in this area I will briefly touch on my previous research on attitudes towards falls prevention and falls risk.

I will then explore educating patients and the public to understand why falls happen, how to get up from a fall and how to reduce the risk of falling. I will also quickly outline how to make effective referrals to falls service.