

AGEING WELL PROJECT

Preventing, delaying, and reducing falls and the onset of frailty

Have you attended the NNUH Emergency Department or Cromer Minor Injuries Unit following a fall and not been admitted? Are you 50 years old or over and registered with a North Norfolk GP surgery? Do you also recognise any of the symptoms listed below or have a history of falling?

Weakness



Slow walking speed



Low level of physical activity



Fatigue or exhaustion



Unintentional weight loss



There is a new collaborative service available to support you in the community following your attendance at the NNUH Emergency Department or Cromer Minor Injuries Unit.

What should I expect?

Are you registered to one of the following GP practices: Sheringham, Holt, Fakenham, Cromer, Mundesley, Birchwood, Paston, Aldborough, Aylsham, Reepham, Colitshall, Horsford, Drayton & St Faiths, Hoveton and Wroxham, Ludham, Blofield, Acle, Brundall, Staithe, Wells.

Broadland and North Norfolk District Councils will contact you after you have returned home, initially by letter and then by making a phone call to you or if appropriate your relative.

In the call, we will ask you about your lifestyle, housing, health, mobility and more, we may offer you advice, information or connect you to a support service which can help.

Relevant information will be shared with colleagues from Broadland and North Norfolk District Councils, Norfolk County Council and Norfolk Community Health and Care Trust. If you would prefer to not be contacted and to opt out of the process, please let a member of the hospital team know. Alternatively, you can opt out upon receiving the letter or at any point in the process by contacting the number on the letter you will receive.