

Seven Minute Briefing: Falls Prevention

7. [Somerset Independent Living Centres \(SILC\)](#)

There are many helpful tools and technologies available that can make everyday life easier—whether at home or out and about. These solutions can help you with tasks such as:

- Moving around the home safely
- Getting in and out of the bath or shower
- Staying connected and calling for help when needed
- Using the right equipment can help stay safe, independent, and confident in daily routine.

Somerset Independent Living Centres (SILC) located in Shepton Mallet, Taunton, and Yeovil offer friendly, expert advice and support to help live more independently at home. Individuals get an Occupational Therapy assessment from the experienced team, talk about identified needs and see equipment and technology that can make everyday life easier, whether it's in the kitchen, bathroom, or around the home.

4. Somerset Council

Somerset Council host a webpage "[Falls prevention and support](#)" which includes a helpful leaflet on action individuals can take to help reduce the risk/ occurrence of falling. Practitioners can print this off and share with individuals at risk of falling.

There is also a [Falls Risk Assessment tool](#) that can be completed to help identify what kind of help may be needed to stay safe and independent.



5. Age UK Stay Strong Stay Steady Classes

Strong and Steady sessions are specially developed classes that help to improve strength and balance. They can give greater confidence, reduce the risk of having a fall and help individuals to stay independent as they get older.

Age UK Somerset offers two tiers of Strong and Steady classes, so individuals can participate at a level that is right for them.

For more information call Age UK Somerset Falls Prevention Team on 01823 345614 or email fallsprevention@ageuksomerset.org.uk

4. Staying active

Maintaining physical activity can support our bodies and reduce our risk of falling. Activities focussing on strength and balance such as carrying heavy bags, Tai Chi, Yoga and gardening will help build muscle strength.

Somerset Activity and Sports Partnership (SASP) are running a campaign called [Stronger4Longer](#), focusing on encouraging strength and balance in those over the age of 50.

1. Background

The [Safeguarding Adult Review \(SAR\) Juliet](#) published July 2025 identified that despite a number of agencies recognising that Juliet was at high risk of falls there was no evidence that she was referred to or signposted to the range of falls prevention and support services available in Somerset. Not all agencies attending the SAR learning event were aware of local falls prevention and support services. Therefore, a recommendation was to produce this briefing to inform staff groups across Somerset.

2. Cause of falls

As we age, our bodies become more likely to develop health conditions, including deterioration in muscle strength, joints, eyesight and hearing. Any deterioration can result in an increased risk of falling.

3. NHS Falls Service

[Community Rehabilitation Service \(CRS\)](#) formerly known as the Integrated Rehab Teams (IRT), is a county-wide service. It is available to all adults who are having problems carrying out everyday activities due to a medical condition.

CRS will aim to help people increase their level of independence by helping them regain or adapt their functional abilities to manage the impact of their condition.

The service is for adults with a Somerset GP who have fallen, are at risk of falling, or are frightened of falling. Individuals can refer themselves or referrals can be made by a carer, family member or healthcare professional.

[Referral](#) can be made via one of the 4 hub email addresses listed on the website / [referral form](#).