

Recommendations and Actions Tracker

The recommendations tracker allows scrutiny committees to monitor responses, actions and outcomes against their recommendations or requests for further action. The tracker is updated following each meeting. Once an action has been completed, it will be removed from the tracker at the next meeting.

Recommendations

PRR	23/09/22	Asks Public Health to explore barriers concerning people of a working age and falls prevention	Director of Public Health	January 2023	<p>A key public health area for working age adults is around developing healthy behaviours that will reduce falls risk in later life particularly around physical activity that maintains and develops strength and balance and avoiding high levels of alcohol consumption (at all ages).</p> <p>It is often the case that working age adults with a higher risk of falls are living with a specific condition or conditions that increase that risk, such as diabetes or Parkinson's disease – where the effective provision of disease specific healthcare is key in reducing risk.</p> <p>In West Sussex, the following falls prevention services are in place:</p> <ul style="list-style-type: none">• High risk – hospital falls/frailty clinics, Sussex Community NHS Foundation Trust (SCFT) Falls and Fracture Prevention Service (for adults that meet criteria)• Intermediate – West Sussex Wellbeing Programme (available to anyone over 18 who lives or works in West Sussex): Strength and balance programmes as part of falls prevention, and information and advice on the West Sussex Wellbeing website:	Completed
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					https://www.westsussexwellbeing.org.uk/topics/falls-prevention/falls-prevention <ul style="list-style-type: none"> • Low risk - there are many exercise classes across the county delivered by the voluntary and community sector, leisure centres and the private sector that develop strength and balance <p>The Director of Public Health and her team will explore opportunities for promotion of falls prevention services to working age adults across the county.</p>	
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