

Role of Optometrists

Optometrists have a vital role in falls prevention and promoting strength and balance. NICE Clinical Guidance (CG161) recommends older adults in contact with healthcare professionals should be routinely asked about whether they have experienced a fall in the past year. The steps simple below fulfil the requirement of NICE guidance.

To assist reciprocal referral between falls services and optometrists, the College of Optometrists have developed a member directory that falls services are encouraged to use to find their local practice.

» **Links to the member directory can be found in Resources.**

The VISIBLE lead will:

Order free resources

- Staying Steady guide – Age UK
- Vision and Falls leaflet – College of Optometrists

Contact the local falls prevention service to determine existing self-referral pathway (or preferred local method of referral).

Be responsible for embedding the NICE falls questions within their service and if the answer is ‘yes’ to either of the questions, assist self-referral to local falls prevention service.

- Have you fallen in the past year?
- Do you have a fear of falling?

Provide information leaflets

- Staying Steady
- Vision and Falls