

# Response ID ANON-628R-KC5V-B

Submitted to **Falls and Fracture Prevention Strategy for Scotland, 2019-2024**

Submitted on **2019-07-15 15:30:40**

## Questions

### 1 Do you agree the Strategy will improve services for those who experience Falls?

Yes

#### If not, what improvements do you suggest?:

In principle we agree that it should deliver improvements for those who experience falls, however the stark reality is that, in the main, falls affect older people and the practical day to day elements that contribute to an older person's wellbeing are being eroded and lost due to funding cuts e.g. community transport services, food shopping support and meals services, volunteer led centres and activities. If you add in increasingly tightening criteria thresholds for social care, many more older people living with dementia illness and many more older people with caring responsibilities, it would seem prudent to make investment in prevention a critical part of this strategy, which will require a significant shift in current spending which is now very much focusing on legal requirements/statutory duties only.

### 2 Do you agree with the outcomes in the Strategy?

Yes

#### If not, why not?:

### 3 Do you have any comments or additions on topics which are not covered in the Strategy?

#### Please be specific in your reasons and include any resources or references we should consider.:

The impact of food/eating/meals on an older person's wellbeing have been rather minimized in this strategy. The importance of food as 'medicine' starts with access. Access to shops, access to transport and access to meal help. Falls often happen outdoors when an older person is out food shopping, trying to balance a basket, bags, stick etc. Over the last 24 years Food Train has been providing a weekly shopping service for older people for exactly that reason. If an older person has no other means of getting food, they will starve, so they go out to the shop, in all weathers, on icy pavements, when not feeling so well, and that's when they fall. If shopping with social support was universally available to older people across the country we believe it would have a direct impact on reducing falls. Older people could still be encouraged to go out and do what they can, but the burden of carrying heavy (and healthy) items could be taken away, and the worry of going out in all weathers. The importance of good nutrition in the prevention of falls must feature more heavily in this strategy. The Scottish Government has already acknowledged there is a need to tackle the risks and prevalence of malnutrition in the new Framework and this must be echoed in the Falls Strategy.

### 4 Are there any key areas missing or any general amendments you would suggest?

#### Please explain your views.:

As above, creating preventative support that is easily accessed (by self or others) at the time and point an older person needs it, is critical. Not after the first fall, but well before it. For example, if an older person needed help with shopping once a month to carry all the heavy things and reduce the risk of falling while juggling bags/walking aid/transport access when more frail than other adults. Or if they experience a period of ill health, short term practical help they can dip in and out of, and return to normal activity when well. Getting food shopping in every week or regularly, is absolutely vital for an older person to be able to eat well. All our 24 years of evidence tells is that the alternative is slow starvation, weight loss, eating light dried goods, no fruit and veg consumption, all followed by a fall/illness and resulting complications - all preventable if practical help is there when it is needed.

### 5 Please comment your thought on how best to support the implementation of the Strategy.

#### Please explain your views.:

Scaling up of things in communities that already work. There are exemplar services in small pockets around the country, there should be no delay in those types of supports for older people being available in all areas to avoid the current postcode lottery.

Asking older people what help they got, and when they got, and from whom, in order to feel more confident on their feet.

### 6 Do you have any further general comments on the Falls and Fragility Fracture Prevention Scotland Strategy?

#### Please explain your views.:

## About you

### What is your name?

#### Name:

Michelle Carruthers

### What is your email address?

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**Are you responding as an individual or an organisation?**

Organisation

**What is your organisation?**

**Organisation:**

Food Train

**The Scottish Government would like your permission to publish your consultation response. Please indicate your publishing preference:**

Publish response only (without name)

**We will share your response internally with other Scottish Government policy teams who may be addressing the issues you discuss. They may wish to contact you again in the future, but we require your permission to do so. Are you content for Scottish Government to contact you again in relation to this consultation exercise?**

Yes

## **Evaluation**

**Please help us improve our consultations by answering the questions below. (Responses to the evaluation will not be published.)**

**Matrix 1 - How satisfied were you with this consultation?:**

Slightly satisfied

**Please enter comments here.:**

**Matrix 1 - How would you rate your satisfaction with using this platform (Citizen Space) to respond to this consultation?:**

Slightly satisfied

**Please enter comments here.:**