



Falls Information for Carers

Falls PSP & CBD

Falling is part of the diagnostic criteria for PSP & CBD and frequent falling is often the first significant sign that something is wrong.

In 2020, a paper was published, which draws together all the previous investigations into falling in PSP & CBD. It provides an overview of the subject, the impact, assessment, mechanism, and management of falls.

The four authors include neurologist Prof. James Rowe, from the University of 'Cambridge Centre for Parkinson-Plus People', who has received PSPA funding to carry out neuroimaging studies using scans of those who participated in the PROSPECT study.

[Falls in Progressive Supranuclear Palsy - Brown - 2020 - Movement Disorders Clinical Practice - Wiley Online Library](#)

Key points from the paper:

- Although common to nearly everyone with PSP, and central to diagnosis, the understanding of falls is limited.
- The area of the brain most likely responsible for causing falls involves dysfunction of the indirect locomotor and pedunculopontine nucleus.
- The current standard methods of measuring and preventing falls are limited for those with PSP and a personalised approach is best for falls management.
- There is a need to balance falls prevention with promoting independence.

Falls Prevention

The onset of PSP & CBD is at the age of 63 and much has been written about falling from 65 onwards. Research shows 1 in 3 adults over 65, and half of people over 80, will fall at least once a year. This age range of course also includes many carers.

The risk of carers falling themselves is increased by fatigue, lack of space due to the placement of equipment, being less likely to have followed-up on your own health needs, providing care in wet rooms with slippery floors, supporting your loved one when moving and trying to save them from falling. It is important to consider your own safety, as well as the risks relating to others.

Lighting – Ensure your environment is well lit.

Footwear – Try to wear comfortable, sensible footwear whilst caring.

Loose flooring – Try to make sure there are no slip hazards, such as rugs etc.

Help after a fall

Ambulance Service

Community First Responders (CFR)s – If your loved one is not injured and needs support to get up off the floor, you can call 999 and speak to a call handler. Ask if they have any falls trained CFRs who can come out to assist you. This is often quicker than waiting for an ambulance. Some areas will even have a dedicated falls response car, which carries moving equipment.

Resources

NHS Information on Falls [Falls - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Age UK Falls Prevention Guide [Download your Falls Prevention Guide | Age UK Falls Prevention \(ageco.co.uk\)](https://ageco.co.uk)