



Steady On! Volunteer Role Description

Role Description

Main Duties

To visit an older person who has fallen, or who is worried about falling, to undertake an initial check with them in their own home, to provide falls prevention advice and refer on appropriately.

Specific responsibilities:

Tasks vary according to individual need but will include:

- * Undertake timely visits to the older person in their home
- * Identify individual needs and provide basic falls prevention advice
- * Raise awareness of falls risks and actions to reduce risk
- * Signpost individuals to exercise/physical activity opportunities and arrange access if required
- * Complete the checklist and return to the Practice (if the Practice requires) and to Age UK to ensure follow-up
- * Liaise with the Age UK helpline service to co-ordinate and record visits
- * Signpost to other services as appropriate
- * Report 'red flags' back to the Practice and forward to the falls team for assessment
- * Forward other non-falls specific issues [e.g. benefits advice, social support] to PIP to follow-up.

Personal qualities most suited to this role:

- * Good communication skills essential
- * Understanding and commitment to confidentiality
- * Ability to appreciate an individual's needs
- * Patience and sensitivity
- * Reliability
- * Mature disposition and sense of humour
- * Requirement to undertake induction training, work to guidelines and policies on Health & Safety, confidentiality, equal opportunities etc, all provided by Age UK.

How much time is involved:

Flexible as agreed with Practice Manager. You can stop volunteering at any time but please do let us know as soon as possible.

Expenses and Insurance:

We will cover agreed out-of-pocket expenses for volunteers (eg travel costs). We will also insure you for the time you are volunteering with us.

Responsible to:

Age UK

Requirements from GP practice:

- * Support the volunteer to be able to work within the practice as one of the team
- * Provide access to relevant patient information in order for the volunteer to make contact
- * Practice Manager to act as, or to nominate, a point of contact for the volunteer, for any queries or issues.