



## Help at home if you fall

**D**id you know that one in three people over 65 - and half of those are over 80 - falls each year, with falls being the main reason for hospital admissions in older adults.

Ambulance crews in Devon are struggling with our aged demographic as two thirds of call outs are for older people.

Falls cause anxiety, depression, pain, immobility and at worse death. Even a non-injury fall makes people question their independence and safety; often making them feel less confident on their feet.

Ambulance crews come under intense criticism for long wait times for less serious incidents. Sadly a non-injury fall is classed as such even if the person cannot get up or is lying on a cold floor.

You may recall the headlines last year when Mark Clements was able to reach his Mother who had fallen at home in Exmouth faster than the ambulance crew. This was despite the fact Mark travelled from London by train and his Mum's home being only 10 minutes from the ambulance station at Liverton Business Park.

Ambulance crews aim to attend non-injury falls within 180 minutes, but this isn't possible if they are needed elsewhere for a serious road accident or heart attack, which is understandable.

Help is at hand – at last, in East Devon to start with.

I was delighted when I stumbled across Night and Gale, offering an out-of-hours service to aid people who have fallen. Operating between eight pm and eight am, they can ensure that someone is able to aid you off the floor within one hour, provided you are not injured.

The service is competitively priced and offers the peace of mind that money can buy. It also makes a thoughtful gift for mum



PHOTO: iStock / Getty Images Plus / KatarzynaBlasiewicz

and dad and saves you being phoned in the early hours of the morning.

Night and Gale only use experienced response officers who are insured, fully checked (DBS) and carry ID, so you can rest assured that you're in safe hands.

Using a special lifting chair called a raiser, the fallen person is raised gently off the floor with all limbs being safety supported. This also ensures dignity; to fall and need help can feel undignified enough.

The service works on a monthly subscription basis. Individuals pay £24 per month which provides assistance for three falls. For a couple it is £45 for six. If you fall more often

within the first three months, Night and Gale review your situation and suggest some additional ways to keep you safe.

Night and Gale is a new business, started this July by Lucy who previously worked as a tele-care operator. She was distressed by callers' experiences and the idea followed on from a conversation around wait times with a paramedic. Lucy knew that people were often waiting hours for help and that there had to be a simple solution; Night and Gale.

You can contact Night and Gale on 01404 515020 they will arrange a visit to your home for an initial consultation to understand your needs. ♦

**caroncares01@gmail.com**  
**07411 947 200**