



## **Back Care Advisory Service**

We are a Back Care Advisory service which gives advice on aspects of Lifting, Moving and Handling, back care prevention and management. This is a free service for unpaid Carers who would like information and advice on Back Care. Our main objective is to minimise or prevent back related injury and pain.

The original back care adviser post was created in 1999 which has proved both necessary and viable and has grown to cover the whole of the Mid Surrey region.

Once a referral has been received, we will arrange an appointment to visit the carer's home to carry out a risk assessment. This enables us to identify any moving and handling issues/problems that they may be experiencing. The findings from this assessment are used to create either immediate solutions e.g. provide a small piece of equipment to relieve an immediate problem, or to contact the Statutory agency with information regarding the current practice used by the carer and our observations and recommendations. The findings from the Manual Handling assessment will be used to format a plan which we will then revisit the carer to provide teaching and education on how to execute the suggestions. We will spend some time practising the suggestions without the cared for being present, then once confidence and competence has been achieved, we will then perform the manoeuvres with the cared for. This can happen as many times as necessary until both parties are happy with the outcome. We will also give back education and advice on the principles of moving and handling.

Advice given may be as simple as moving a piece of furniture. Or it may be as complex as suggesting other methods of achieving the moving and handling task in order to minimise the amount of risk involved in performing that same task.

Other services we provide include the prescription of back care exercises to help maintain a healthy back. In the future we hope to extend the service to the provision of Pilates and Yoga classes for Carers.

If there are specific problems that we cannot help with, we will liaise with statutory organisations such as social services (i.e. if large pieces of equipment is needed) or act as a signposting service to refer onto other agencies that we feel might be able to help e.g. Crossroads, Carers of Epsom.

We accept self referrals or referrals through any Health Care Organisation or charity such as Carers of Epsom via Telephone or E-mail.

Areas we cover include Banstead, Epsom & Ewell, Mole Valley and East Elmbridge.

If you would like any more information on this service please contact us on:                   01372 729947.