

FALLS PREVENTION HINTS AND TIPS

As we get older, we can have a higher risk of falling. That can be for a number of reasons, for example our balance or our eyesight can change. The good news is that we can prevent many falls and reduce our risk. This leaflet has some simple tips and advice to help you reduce the risk of falling.

Trip Hazards

- Take up loose rugs & mats or secure with slip resistant backing
- Reduce clutter in your home
- Make sure that floors are clear so that there's nothing to trip over
- Make sure that cables and wires from things like televisions, phones and other items are secure and that you can't trip on them
- Ensure adequate lighting in your hallway, stair ways and outdoor walkways
- Trim bushes and shrubs away from outdoor paths
- Ask your GP to refer you to an Occupational Therapist if you want further advice



Bathroom Safety

- Install grab rails in your shower, bath or near your toilet if you need a little extra support
- Place a non slip mat in your shower, bath and on bathroom floors

Around Your Home

- Place everyday items at your waist level, e.g. cups, tea bags etc.
- Install night lights in your hallway/landing
- Install handrails in places where you feel you need extra support
- Repair loose carpet and uneven flooring

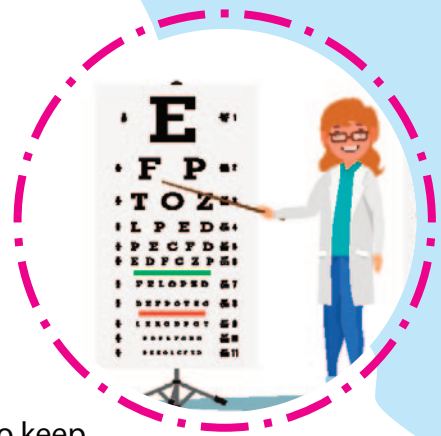
Stairs

- Consider placing a second bannister rail on your stairs



Your Health

- Talk to your doctor about the medication you take and make sure that your medication is reviewed regularly
- Talk to your GP about your bone health
- If you notice any changes in your walking and balance be sure to talk to your GP
- Have your eye sight and hearing checked often.
- Keep active – try to keep your exercise routine where possible.



Useful Everyday Tips

- Be careful of uneven ground outside your home
- If you are advised to use a walking aid, then make sure that you use it
- The right footwear is very important: flat shoes with rubber soles are best, avoid loose fitting shoes or backless slippers
- If you have a wearable alarm, then make sure you wear it all the time
- Make sure your clothes fit you well, avoid trailing trousers or belts
- Keep a list of emergency contact numbers near your phone
- Avoid rushing and take your time