

## Do you feel safe and secure?

- Would a lifeline or community alarm system help?
- Where do you feel off balance – would a rail there help?
- Are your alarms/pull cords easy to reach when necessary?

## As you get older

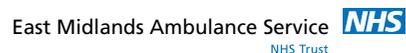
Many things that come naturally now, can become more difficult as you get older, so be aware of:

- Dizziness or light-headedness as you get up out of a chair or bed
- Feeling more drowsy than usual
- Changes in the way you walk, it being harder than before, or being off balance
- Rushing to, or needing to go, to the toilet more often
- Feeling confused
- Are you nervous about the possibility of falling?

For further information visit **NHS choices:**

[www.nhs.uk/conditions/Falls/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Falls/Pages/Introduction.aspx)

# Preventing falls



Have you ever had a fall, were you injured?

What would the impact be if the same were to happen now?

**Falls can have a serious effect on anyone, here are some basic steps you can take.**

## “top five” reasons for falls

- 1. Feet** - poorly fitting, worn out footwear
- 2. Eyes** - reduced visibility (whether poor lighting or vision itself)
- 3. Health** – not eating properly, staying hydrated and taking medication as prescribed.
- 4. Mobility** – lack of mobility can lead to muscle weakness, staying in because of fear of falling etc
- 5. Home** – worn carpets, curled rugs, uneven steps, trailing wires etc.

### 1 Look after your feet

- Make sure your shoes/slippers hold your foot firmly in place, and avoid narrow heels, open backs or worn soles
- See a podiatrist if your feet are painful

### 2 Stay Well

- Keep eating healthily, and don't go long periods between meals
- Drink lots of water
- Always take your medicines on time, as prescribed – are one of the side effects of these dizziness/light headedness, disturbed balance or drowsiness?
- Be aware of changing weather conditions

### 3 Look after your eyes

- Have your eyes tested regularly (every two years if under 70, annually thereafter) – it's free if you're over 65
- Look after your glasses, and clean them often

### 4 Stay active, stay steady

- Try to keep doing little things every day, it will help you maintain balance and muscle strength
- Continue with any exercises you have been advised to do

### 5 Look after your home

#### Look out for hazards:

- Worn floor coverings, or curled up edges of mats/rugs
- Tripping hazards – including clutter, trailing cables, dark coloured animals
- Poor lighting – on the stairs or at night near the bathroom
- Low beds and chairs – make getting up a struggle
- Slippy floors in kitchens and bathrooms
- Keep your home warm

