

Falls prevention

This factsheet is for guidance only and has been produced with assistance from healthcare professionals

The Home Environment

Lighting

- Keep stairs and living areas well lit.
- Don't walk around in the dark. Always switch a lamp on or use the main light when getting out of bed during the night.

Living areas

- Keep hallways, landings and doorways free of clutter and don't store items on the stairs.
- Remove throws, rugs and mats that pose a trip hazard.
- Use the handrail when you use the stairs. Consider having a second handrail fitted.

Kitchen / bathroom

- Minimise bending & climbing. Keep frequently used items within easy reach in cupboards.
- Mop up any spillages straight away.
- Use a non-slip mat in the bath / shower.

Garden

- Keep paths free of leaves and debris.
- Keep front and back doors well lit.

Clothing and footwear

- Make sure shoes and slippers fit well.
- Beware of clothes that may trip you up such as trailing nightdresses or dressing gowns.
- Keep well hydrated. Drink plenty of fluids.

Eyesight

- If you notice your vision changing or you wear glasses make have a regular sight examination with an optician.
- Ensure glasses are clean and in good condition.

Planning ahead

- Consider giving someone a spare key such as a neighbour or relative.
- Consider arranging for someone to call you daily to check you are OK.
- Consider a pendant alarm (button that you keep with you to call for help) or carry a mobile phone to call for help in case you fall.

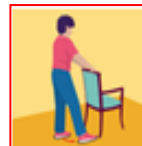
Exercises for strength and balance



Alternate raising your knee in front



Alternate lifting your leg behind



Alternate lifting your leg to the side



Lift your heels off the floor, coming up onto your toes

Getting up after a fall

Try to remain calm. If you are not hurt:

- Roll onto your side, push up onto your elbows.
- Push up onto your hands and knees.
- Crawl to a sturdy piece of furniture such as a chair or bed and hold on to it for support.
- Bring one leg up bending the knee and put your foot flat on the floor.
- Lean forwards, pushing with your hands and foot, and bring your other foot up so that it is also flat on the floor and you are crouching.
- Turn around and sit down on the furniture.
- Rest for a while before you get up.



If you fall and cannot get up

Try to remain calm.

Call for help

- If you have a mobile telephone dial 999 or use your pendant alarm if you have one.
- If not crawl to the telephone or shout for help and attract attention by banging on the floor or wall.

Move

- If you are not hurt try to move to a softer surface.
- Protect your skin from getting sore by changing position regularly. Try rolling from side to side, and bend and stretch your arms and legs occasionally.

Keep warm

- Cover yourself with anything warm nearby, such as a towel, coat, blanket tablecloth.
- Try to move away from drafts.
- If you empty your bladder, try and soak up the wet with something within reach. Then move away from the wet area if able, to avoid getting cold.

This leaflet is updated regularly. For the most up to date information please visit loros.co.uk/care

In cases of comments or complaints, please contact:

Chief Executive, or Director of Patient Services and Clinical Quality, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

Alternative languages:

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

اللغات البديلة

إذا كنت بحاجة للحصول على هذه المعلومات مترجمة إلى لغتك الأم ، فيرجى منك الاتصال مع الموظف المساعد PA Patient Experience Lead في قسم خبرة وتجربة المرضى على رقم الهاتف 0116 231 8435

Jeśli potrzebuje Pan/ Pani, aby niniejsze informacje zostały udzielone w Pana/ Pani języku ojczystym, prosimy o kontakt z PA Kierownika ds. Pacjentów pod numerem 0116 231 8435.

مُتبادلُ رُبانين

اگر یہ معلومات آپ کو اپنی زبان میں درکار ہیں، تو براۓ مہربانی پرہمارے/ہماری پیشنت ایکسپیرٹنس لیڈ کے/کی پی اے سے رابطہ کریں

0116 231 8435

ਵੈਕਲਿਕ ਆਖਾਓ

જો તમને આ માહિતીની તમારી પોતાની ਆਖਾਮਾਂ જરૂਰ ਹੋય, તો ਮહેਰબਾਨੀ કરੀને ਅਮਾਰਾ ਪੇਸ਼ਨਟ ਐਕਸਿਪਿਯਨਸ ਟੀડਨਾ PAਨੋ 0116 231 8435 ਪਰ ਸੰਪਰਕ ਕਰੋ.

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Hospice Care for Leicester, Leicestershire & Rutland

Being there for you
and your family