

For further information/advice or if you are worried about the risk of falling and would like an assessment by a falls specialist or advice please contact the Falls Team:

Tel: 01865 903400

Email: falls@oxfordhealth.nhs.uk

What to do if you fall

STOP - THINK - PLAN - ATTRACT HELP

- Use your care alarm-pendant
- (this only works if worn) or crawl to a telephone or bang on the floor or shout
- Try to get up
- Cover yourself with anything to hand e.g. a towel, rug or blanket
- Move the parts of your body that don't hurt to stop pressure on the bony parts

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو براہے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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Falls Prevention

How to reduce the risk of falls at home

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things you can lower your chances of falling.

Room checklist

Living Room

- Check for trip hazards such as loose wires and rugs
- Remove clutter and keep walkways clear

Kitchen

- Avoid overstretching or bending
- Keep things within easy reach
- Avoid climbing on chairs and stools
- Clean up spills immediately

Bathroom

- Use a non-slip mat in the bath
- Use grab rails by the bath and toilet

Bedroom

- Turn on the lights at night when getting out of bed
- Keep a torch beside your bed in case of a power cut
- Avoid wearing long trailing nightwear
- Avoid leaving books and magazines lying on the floor beside the bed

Stairs and hallway

- Use the handrail and make sure it is secure
- Keep stairs clutter free
- Put marker strips on the edge of stairs so you can see them easier
- Avoid carrying loads up and down stairs
- Make sure halls and stairs are well lit.

Outside

- Leave an outside light on when returning home at night

Changes I need to make

In my home...
To my daily routine...
To my diet...

Some other things to consider

- Wear proper fitting foot wear
- Have your eyes checked annually
- Ask your GP to review your medications and ask about the side effects
- To avoid giddiness, get out of bed or up from a chair in slow stages
- Do not rush to answer the door or phone
- Wear your pendant alarm
- Consider purchasing one if you do not have one
- Increase your daily intake of calcium & vitamin D (dairy produce, tinned boned fish & sunlight)
- Keep active
- Try adding exercise to your daily routine as this helps to increase your bone strength, flexibility and balance
- Consult your GP before undertaking any form of new physical activity/ exercise
- Multifocal glasses can affect balance