

## Changes I need to make

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

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: [oxon.falls@nhs.net](mailto:oxon.falls@nhs.net)

Fax: 01865 262320

## 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.

Please contact us if you would like the information in another language or different format.

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف. **Arabic**

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

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

若要以其他語言或格式提供這些資訊，請與我們聯繫 **Chinese**

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

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

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This service is part of our Older People Directorate.

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Oxford Health **NHS**  
NHS Foundation Trust

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

## 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