Preventing falls

Falls can have a serious effect on anyone. These are the top five ways to prevent falls.

1. Look after your feet
   - Make sure your shoes/slippers keep your foot firmly in place. Avoid narrow heels, open backs or worn soles.
   - See a podiatrist if your feet are painful.

2. Stay well
   - Eat healthily and regularly. Avoid going for long periods between meals.
   - Drink enough water.
   - Always take your medicines on time and as prescribed. Check if they have side effects like dizziness/light headedness or drowsiness. If you aren’t sure, ask your pharmacist when you pick up your prescription.
   - Be aware of changing weather conditions, especially if rain or freezing temperatures are forecast.

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
   - Be active – try to do 30 minutes of moderate activity every day. Moderate activity means you will be slightly out of breath.
   - Try to sit less, keep doing little things every day.
   - On two days per week try to do exercises to increase your strength (e.g. carrying shopping) and balance (e.g. dancing).
   - Continue with any exercises you have been advised to do.

5. Look after your home
   - Replace worn floor coverings.
   - Replace or remove rugs that have curled edges.
   - Remove clutter and ensure your home is well lit.
   - Replace low beds and chairs if you struggle to get up from them.
   - Beware of slippery floors in kitchens and bathrooms.
   - Keep your home warm.

Many falls can be avoided with help, so pick up a copy of the Preventing Falls booklet today.

If you think you are at risk of having a fall, talk to your GP or pharmacist.

This information has been produced as part of the Leicester, Leicestershire and Rutland, Sustainability and Transformation Partnership. You can find out more about the partnership by visiting www.bettercareleicester.nhs.uk