



Better care **together**

Leicester, Leicestershire and Rutland health & social care



Preventing falls



Some easy things you can do and some easy exercises that can help you prevent a fall.



5 ways to prevent falls



1. Look after your feet

- Make sure your shoes and slippers fit properly
- If your feet are painful talk to your GP



2. Stay well

- Eat healthily and regularly
- Drink enough water
- Always take your medicines on time. If you start to feel dizzy talk to your GP or pharmacist
- Check the weather forecast for rain, snow or ice before going out



3. Look after your eyes



- Have your eyes tested by an optician



- Clean your glasses

4. Stay active, stay steady



- Be active (walking, stretching, yoga or seated exercises)



- Stand up and move regularly

5. Look after your home



- Remove rugs as you can trip on them



- Keep your floors clear to make it easier to move around



- Put your lights on before it gets dark



- If you struggle to get out of bed or your chair tell someone



- Be aware of slippery floors in kitchens and bathrooms



- Keep warm

Exercises that help you not to fall

1. Hip circles



Stand with your feet apart. Put your hands on a hard surface.



Circle your hips 5 times one way.

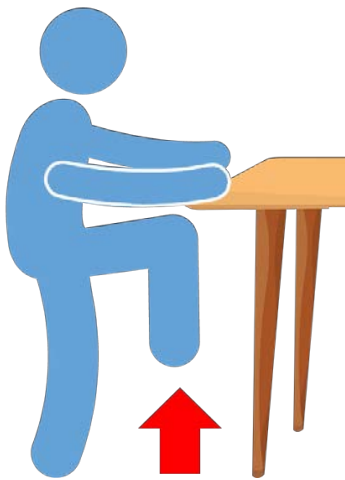


Then circle your hips 5 times the other way.

2. High knees



Stand with your feet apart. Put your hands on a hard surface.



Lift your knee up and hold it for 3 seconds. Then lower it.



Do this 10 times with each leg.

3. Hip extension



Stand with your feet apart. Put your hands on a hard surface.



Raise your leg backwards. Then lower it again. Keep upright.



Do this 10 times with each leg.

4. Heel raises



Stand with your feet apart. Put your hands on a hard surface.



Lift heels off the floor, hold for 3 seconds and slowly go back down.



Do this 10 times.

5. Lifting leg sideways



Stand sideways with your feet apart.
Put your hands on a hard surface.



Keep your foot pointing forwards.
Lift your leg out to the side for 3
seconds. Then lower it again.

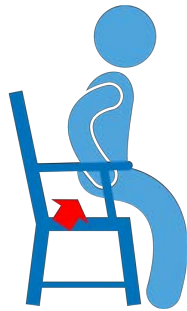


Do this 10 times with each leg.

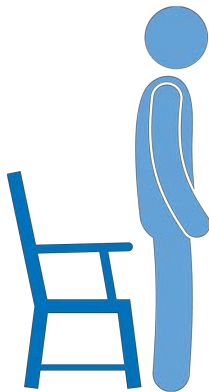
6. Sit to stand



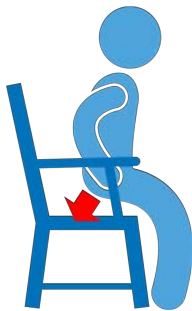
Sit on a chair.



Bring your bottom forwards.
Keep feet flat on the floor.



Push up through your legs and stand
up tall for 3 seconds.



Stick your bottom out and sit down
slowly.



Do this 10 times.

If you do fall



1. Stay calm

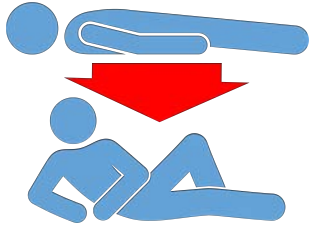


2. Check if you are hurt

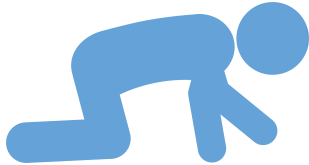


3. Try to get up

If you think you can get up...



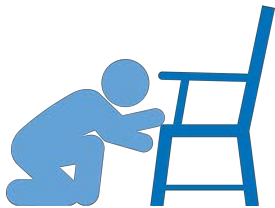
- Roll on your side



- Move on to your hands and knees



- Crawl to a chair



- Bend one knee and...



- ... push up through your legs to stand



- Sit down on the chair

If you think you can't get up...



- Press alarm or phone for help. If this is not available call an ambulance



- Stay warm, try to make yourself comfortable



- Try moving arms and legs a little bit to help you stay well

Tell your doctor



Tell your local doctor (GP) you have had a fall.

Do you need more advice?



For urgent health advice...

Telephone: **111**



Leicester
City Council

Leicester City Council

Telephone: **0116 454 1004**



Leicestershire County Council Adult
Social Care

Telephone: **0116 305 0004**



Rutland County Council

Telephone: **01572 722 577**

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