

# TOP TIPS: Reducing Your Risk of Falls

Please use the tick boxes where you think you need to take action

## Talk to your GP/health or social care professional:



- ☐ If you experience a fall, loss of balance, dizziness or fainting.
- ☐ To review your medication and ask about any side effects.
- ☐ For advice about how to quit smoking (smoking can weaken bones).
- ☐ If your walking aid is in poor condition, unsuitable or the wrong height.
- ☐ If you notice any changes in going to the toilet (frequency or urgency).

## Looking after yourself:



- ☐ Keep active - take regular activity and/or exercise to keep joints moving and strengthen muscles.
- ☐ Have your eyesight and hearing checked annually.
- ☐ Eat well-balanced, regular meals and increase your calcium and vitamin D intake by consuming foods high in calcium and getting regular sunlight (or ask your GP if supplements are an appropriate alternative for you).
- ☐ Aim to drink 8 glasses of non-alcoholic fluid a day unless you have been advised by GP/consultant to restrict fluid intake.

## Consider your environment:



- ☐ Ensure your home is well lit especially on the stairs and corridors; turn on a light when getting out of bed at night. Use high wattage light bulbs.
- ☐ Keep items within easy reach to avoid climbing, bending or stretching.
- ☐ Consider handrails on the stairs, at external doorways and the bathroom.
- ☐ Keep the house warm, you will move more freely and be safer if you should fall.
- ☐ Mop up spillages straight away to avoid slipping.
- ☐ Remove trip hazards such as trailing wires, rugs, clutter.

## Consider what you wear:



- ☐ Ensure your shoes and slippers fit well, have an enclosed back with good tread.
- ☐ Have your toe nails cut regularly.
- ☐ Wear your glasses and hearing aid.
- ☐ Avoid long trailing clothes.
- ☐ Consider how you would summon help if you fall; e.g. wear a pendant alarm, keep your mobile phone on your person.