

## 10 top tips to prevent falls

- 1 Ensure all areas of your home, including external pathways and garden, are well lit.
- 2 Keep your rooms and stairs free from unnecessary clutter. Remove any loose rugs and secure trailing wires.
- 3 Choose low heeled, well fitting shoes and slippers. Try and arrange to visit a podiatrist / chiropodist regularly, either privately or through your GP.
- 4 Try and arranged an eye test every 12 months. Report any sudden deterioration in sight to your GP.
- 5 Have your medication reviewed every 12 months. Mixing alcohol with medication is often dangerous and can lead to an increased risk of falls. Never mix alcohol with medication unless your pharmacist or doctor has told you it is safe.
- 6 Take care when you first stand up. If you experience any episodes of dizziness or loss of balance, see your GP.
- 7 Ensure you drink plenty of fluid, at least 6-8 cups / glasses every day to prevent dehydration. If you have a problem with your bladder, see your GP.
- 8 Ensure you eat a balanced diet, including foods rich in calcium and vitamin D for healthy bones. Avoid skipping meals.
- 9 Keep as active as you can - avoid sitting for longer than 30 minutes.
- 10 If you have fallen ensure you inform your GP.

## Contact numbers

There are many people who may help prevent you falling. Here are some of the organisations who can support you:

- **Access Bus** - Full accessible door-to-door transport for anyone unable to use public transport **0113 348 1900**
- **Adult Social Care 0113 222 4401**
- **Age UK 0113 389 3000 [www.ageuk.org.uk](http://www.ageuk.org.uk)**
- **Care and Repair (Leeds) 0113 240 6009**
- **Neighbourhood Network Schemes (via Older People's forum)**  
Voluntary sector organisations that provide a range of services and activities for older people across Leeds **0113 244 1697 [www.leeds.gov.uk](http://www.leeds.gov.uk)**
- **NHS 111**
- **Osteoporosis Society 0845 450 0230**
- **Parkinson's UK Freephone: 0808 800 0303**
- **Telecare 0113 378 3290**
- **West Yorkshire Fire and Rescue Service**  
For a free home fire safety check (smoke alarms / carbon monoxide detectors) **0800 587 4536**
- **William Merritt Disabled Living Centre 0113 350 8989**

[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

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# Stand tall... avoid a fall



# If you have a fall

The first thing you should do if you have a fall is to rest for a few minutes, take some deep breaths, and give yourself a chance to recover from the shock of falling. Then you can plan what to do next.



Rest after a fall, then plan what to do next.

If you have a pendant or wrist alarm, press it. If not, attract attention by shouting and / or banging on the floor.



## If you are **not hurt** and **able** to get up

- 1 Roll onto your hands and knees and crawl to a **stable** piece of furniture such as a bed or sofa that you can use to help you. To avoid discomfort, place something soft under your knees such as a cushion or towel nearby.
- 2 Holding onto the support with both hands, place one foot flat on the floor bending your knee in front of your body.
- 3 Push down onto your front foot as you steady yourself with your hands on the support and rise into standing.
- 4 Turn around slowly and sit down to rest on the seat.
- 5 It would be advisable to inform your GP you have fallen.



Helping yourself get up

## If you are **unable** to get up

- 1 Use the phone if you are able to reach it easily and safely.
- 2 Try to **keep warm** - if you are on a hard or cold surface, try to reach for something soft to place underneath you such as clothing, blanket, towel or mat.
- 3 Try to **cover yourself**, including your legs and feet - this will help to protect you from the cold and make you more comfortable.
- 4 **Change your position regularly** if you are able to and are not hurt, as this can help the circulation, improve comfort and reduce the risk of pressure problems.
- 5 If you need to empty your bladder, use something like a towel or a newspaper to soak up the wetness and try to move to a dry area of the floor if you are able to and are not hurt.

