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**Regular physical activity  
will help to keep you  
fit and healthy**

(and reduce your risk of falling)

**Activities such as:**

Housework  
Gardening  
Exercise classes – all count

**Include exercises for:**

Co-ordination  
Balance  
Strengthening and flexibility

**You should aim to build up to  
30 minutes of activity on  
at least 3 days of the week**

You may find the following websites helpful:

[www.helptheaged.org.uk](http://www.helptheaged.org.uk)  
[www.balancetraining.org.uk](http://www.balancetraining.org.uk)  
[www.bucksfallsprevention.co.uk](http://www.bucksfallsprevention.co.uk)

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**If you do have a fall and  
hurt yourself then ...**

**STOP – THINK – PLAN**

**ATTRACT HELP!**

Use your care alarm pendant  
or crawl to a telephone  
or bang on the floor  
or shout

Try to get up

**If you can't get up:**

**KEEP WARM**

Cover yourself with anything to hand  
e.g. a towel, a rug, a blanket

**KEEP MOVING**


Move the parts of your body that  
do not hurt to stop pressure on the  
bony parts

**And afterwards –  
Do not forget to tell  
your GP or health  
professional that you  
have had a fall**

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**NHS**

**FALLS**



**Prevention and Management  
Programme**

**BUCKINGHAMSHIRE**

**Living Well,  
Safely at  
Home**

Ideas for you  
and your home,  
especially for  
older people

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Falls can and do happen to everyone, but many can be prevented.

**Making some simple changes can help you continue to live well and safely at home**

## Carry out a room by room checklist of your home

### Living Room

- Check for trip hazards such as loose wires and rugs
- Remove objects which may be tripped over and keep walkways clear

### Kitchen

- Avoid over stretching 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

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### Bedroom

- Turn on the lights at night when getting out of bed (use low energy light bulbs or night lights)
- 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
- Remove objects from stairs
- Put marker strips on the edge of stairs so you can see them easily
- Avoid carrying loads up and down stairs
- Make sure halls and stairs are well lit. Use a 100 watt bulb

### Outside

- Leave an outside light on when returning home at night

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## Some other things to consider

- Look after your feet, wear proper fitting footwear
  - Have your eyes and hearing checked regularly (NHS sight tests are free to over 60 year olds)
  - If you take more than four medications daily, ask your GP to review your medications and ask about their 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
  - Consider a pendant alarm
  - Eat well, take at least six hot or cold drinks a day
  - Increase your daily intake of calcium (found in dairy produce and sardines) and Vitamin D (through sunlight)
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