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Top tips to prevent falls

This pull-up provides useful information to help you reduce your risk of having a fall. However, it is not possible to prevent every fall. It is vitally important not to ignore a fall if it does occur and to always tell someone. If you are concerned or would like further information please discuss with a healthcare professional or contact the Community Falls Prevention and Management Service on 028 9504 7656.

1

Keep active

Move More Sit Less. Keeping active daily helps to keep your muscles strong. This will help improve your balance reducing your risk of falls.



2

Avoid taking risks

Try not to rush or get up too quick. Avoid overreaching or standing on a chair. Remember to use any mobility aids you have been provided with. Never take unnecessary risks - stop, think and ask for help if you need it.



3

Mind your health and medicines

Know what is normal for you, contact your GP if there is a change in your health. Take your medications as prescribed but if you think a medication is making you feel unsteady then speak to your GP or Pharmacist.



4

Take care of your bones

You need calcium from dairy products and vitamin D from sunlight to keep your bones strong. Exercise, stopping smoking and reducing your alcohol intake will also help.



5

Check your vision and hearing

It is important to have regular eye tests and wear glasses recommended by your optician. Hearing loss can make you less aware of your environment and triple your risk of falling. It is important to wear your hearing aids and speak to your GP if you are having difficulty with your hearing.



6

Eat a balanced diet

A balanced diet maintains energy and helps improve your muscle and bone strength reducing your risk of falls. Unless you have been advised otherwise, try to drink 6-8 glasses of water or fluids a day. Avoid drinking more than the recommended daily units of alcohol.



7

Look after your feet

Be sure to wear well-fitted footwear. Report any pain or changes in sensation (tingling or numbness) to your GP or podiatrist.



8

Stay safe at home

The most common place for a fall is in or around the home so it is important to make sure your home is hazard-free and well lit. Try to keep walk-ways clutter free, remove or secure mats and rugs, take extra time and care in wet areas such as the bathroom. Keep your personal alarm or mobile phone with you at all times.

