

## Contact Details:

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We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital.

Please visit: <http://ratenhs.uk/IQu9vx>

Or scan QR code:



## Working together to reduce your risk of falling at home



Patient Information Leaflet

This leaflet will provide you with advice on how to be alert to potential dangers and what to do to avoid them.

Helping to minimise the risk of falling or tripping.





Tell your GP if you have fallen in the last year, are worried about falling, or have a history of falls and they are not aware.



Do you have a Fall Plan?  
Who will you call if you fall?



Wear your glasses and hearing aids and make sure they are in good working order. Ask for help if you are having trouble seeing or hearing.



Be familiar with your home environment. Ask for help decluttering. Remove rugs and trailing cables.



Drink regularly and eat well!



Wear footwear that isn't worn, ideally with a flat sole and back that fits well and can't fall off.

Do some simple leg exercises before getting up from your bed or chair:



1. Point your toes and release a few times.
2. Tighten the muscles in your calves and release.
3. Lift your legs up and down to increase circulation.



Be careful when you stand up and please do not rush. Push up from the arms of the chair. Pause before you move on. If you feel dizzy, unwell or unsteady, sit down



Use your walking frame or stick when moving about. If you don't have an aid and feel you need one let your GP know.



Be careful when using furniture to help support you – in case it moves.



When using the bathroom, and moving around your home make sure it is well lit.