

HOW TO AVOID FALLS AT HOME

As you get older, a fall can result in broken bones, but also in loss of confidence, loss of mobility and fear of leaving your home. Many falls can be prevented, and by making small changes you lower your chances of falling. This leaflet tells you how to reduce your risk of falls and what to do if you fall.

Keep Active and Exercise:

- Regular physical activity makes you stronger and improves your balance and coordination
- Ask your doctor if you are unsure what activities or exercises are best for you
- Wear loose, comfortable clothing and well-fitted sturdy shoes indoors and outdoors all the time.

Ask Your GP to Review Your Medicines:

- As you get older you may need to change the dose of your medicines
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MAKE YOUR HOME SAFE

Entryways:

- Choose steps or a ramp with a non-slip surface and a sturdy hand rail.
- Be aware if the ground surface is uneven, watch your step.
- Keep paths free of clutter, snow, ice and leaves.
- Install lights that go on when they detect motion or when it gets dark.

Floors:

- Arrange furniture so that you can easily move around all your rooms
 - Keep the floors clear from objects that could cause you to trip.
 - Remove rugs or use non-slip tape or backing so rugs will not slip.
 - Use non-skid floor wax.
 - Make sure wires or cords from lamps, telephones etc. do not trail where you walk.
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Bathroom:

- Fit grab rails next to your toilet, bath and shower. Do not hold onto towel racks or soap dishes, which may not be able to support you.
- Use non-slip mat in the bath or shower.
- Place a bathtub bench or shower chair in the tub or shower so you can sit while you bathe.
- Use a raised toilet seat.
- Keep your linens, towels and other daily supplies between waist and eye level. This helps you avoid bending and reaching.

Kitchen:

- Keep items you use often within easy reach.
- Mop up spills right away.

Living Room, Bedroom and Hallways:

- Some medicines or combinations of medicines may make you feel faint or light-headed which could lead to fall.

Have Your Vision Checked

- Your eyesight changes as you get older, poor eyesight can increase your chances of falling. Make sure you get your eyesight checked on a regular basis.

Stairs and Steps:

- Fix loose or uneven steps.
- Do not leave objects on the stairs.
- Be sure stairs are well lit. Have a light switch fitted at the top and bottom of the stairs.
- Install hand rails on both sides of the stairs, making sure they reach the top.

- Place a lamp close to your bed where it is easy to reach.
 - Make sure there is a light between your bedroom and the bathroom.
 - Keep your phone and eyeglasses within easy reach by your bed.
 - Sit while you get dressed.
 - Avoid low, over-stuffed furniture as it is hard to get in and out of low furniture.
 - Use chairs with arms so you have something to support you.
 - Keep emergency numbers in large print near each phone.
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- Get an alarm device that will call for help in case of emergency. Check with your public health nurse, doctor or local Garda for further information.

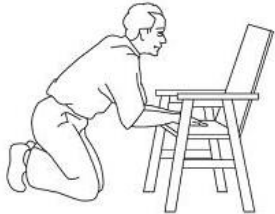
WHAT TO DO IF YOU FALL

If you fall home, remember:

1. Stay quiet for a moment – don't panic.
2. Decide whether or not to try to get up.

If you decide to try to get up:

1. Use strong, stable furniture for support as you try to get up.



2. Take some time to recover from your fall after you get up.
3. Tell somebody that you had a fall.
4. Get medical advice if necessary.

FALLS SAFETY HOW TO AVOID FALLS AT HOME



If you cannot get up or decide not to try to get up:

1. Slide crawl to get help if you can. You might reach the following:
 - a. Door
 - b. Alarm Button
 - c. Phone
2. Tell someone you have fallen and need help.
3. After calling for help lie quietly until somebody arrives. Keep as warm and as comfortable as possible.
4. Get medical advice if necessary.

USEFUL INFORMATION

Address: UPMC Whitfield Cancer Centre, Cork Road, Co. Waterford

Telephone: 051337444

Website: UPMCWhitfieldCancerCentre.ie