

A Leaflet



All About Falls

St. Michael's House
Physiotherapy Department

Falls



Falls can occur at any age but are most likely to happen as we get older



It can take some time to recover from a fall.



This leaflet tells you some ways to prevent falls and make your home safer.

What you can do



Take exercise daily, like walking



If you use something to help you walk - make sure you are using it properly



When you walk, don't rush

What you can do



Check with your doctor if you think your medication is making you unsteady



Have regular eye tests



Get up slowly from laying down or sitting. If you feel dizzy see your local doctor

What you can do



Make sure your shoes and slippers fit properly



Make sure your clothes fit you properly and won't trip you up



If you are worried about falling over, get an alarm so you can get help quickly

Around the house



Be careful with rugs and mats. They could trip you up



Put the things you use often in places that are easy to reach



If you cannot reach something, ask for help

Around the house



Take your time when climbing stairs. Don't rush



If you have handrails on both sides of your stairs, please use them to make it safer



Don't leave things in places that may make you trip up

What to do if you fall



Don't panic. Stay calm.



Rest and wait for help if you are hurt or unable to get up



Call out for help or use your alarm or mobile phone if you have one

What to do if you fall and can get up

1 Turn onto your back



2 Roll onto your side



3 Push onto your hands



4 Push up onto your hands and knees



5 Kneel, using stable furniture to steady yourself



6 Place your strongest leg forward



7 Stand up



8 Turn slowly



9 Sit down. Rest and tell someone you have fallen



Physiotherapy and falls



If you are worried about falling or have fallen in the past ask for a physiotherapist for advice



Physiotherapy can give you equipment you might need to keep you safe



Physiotherapy can advise you how to stay active and healthy



Physiotherapy and Occupational therapy can help you make your home safer

