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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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## Be **SAFE** Stay **Alert** for **Falls** **Event** Preventing falls at home



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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Clinical Nurse Leader, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you remain concerned, PALS can also advise upon how to make a formal complaint.

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- Try to reach something warm to put over you, particularly your legs and feet.
- Try to change your position regularly or stay as comfortable as possible.

## Falls and older people

The risk of falling increases with age, although not all people fall when they get older. Someone who has already had a fall is more likely to fall again in the future. Falling and the fear of falling can make older people lose confidence in going about their day to day activities, and may affect their independence. And although most falls don't result in serious injury, some cause broken bones, from which it may be difficult to recover.

### Who should read this leaflet?

The leaflet aims to give advice on how to prevent falls at home for all people aged 65 years and over.

It is also for people aged between 50 and 64 years who are judged at being at higher risk of falling because of an underlying condition.

### Be **SAFE** with us

Following your stay at Ashford and St. Peter's Hospitals, we want to ensure that you feel **SAFE** when you leave hospital and return home or to another environment.

## **'Home Hazard Assessment'**

You may be offered a 'home hazard assessment' if you have an increased risk of falling or have had several falls.

You should be offered a home hazard assessment if you have been in hospital for treatment because of a fall. The assessment will usually be organised when you are getting ready to leave hospital, and should be carried out at a time that has been agreed with you in advance.

The home hazard assessment should be carried out by a suitably trained healthcare professional, who will visit your home and check for anything that might put you in particular danger of having a fall.

If they think that making changes in your home (for example, changing the layout of your furniture) or having special equipment might help you to avoid a fall, you should be offered this.

## **What you can do at home to make it safer**

If you have had a fall or you are at risk of having one, you can consider these changes to make it a safer environment for you. We suggest you read through this leaflet with the person / people who will be looking after you when you return home or to another environment such as a nursing home.

## **What to do if you have a fall**

In the event of a fall:

- Keep calm.
- If possible, roll on to your hands and knees.
- Look for stable furniture such as a chair or bed.
- Hold on to this furniture with both hands to support yourself.
- Get up slowly when you feel ready.
- Sit down and rest for a while before carrying on with your daily activities.
- Inform your family, friend or carer and make an appointment to see your GP.

## **What to do if you are unable to get up after a fall**

- Try to get someone's attention by calling for help, banging on the wall or floor.
- Use your community alarm or your special pendant / wrist band or mobile phone OR crawl to a phone and dial **999** to call for help.

## Maintain Good Balance:

- Take your time and stay focussed with what you are doing – do not rush.
- Use suitable walking frame or stick(s) prescribed and adjusted for you.
- Use the equipment which the occupational therapist has provided.
- Follow any exercise programme given to you to help your balance and strength.
- Keep any appointment that the physiotherapist has organised for you.

## Advice and help:

- Consider installing a community alarm or bed / chair sensors to trigger an alert should you fall.
- Ensure you wear a special pendant or wrist band to alert the 24-hour response centre.

## Be **SAFE** at home with these tips:

- Clear any clutter from your hallway, stairs and paths that could cause you to fall.
- Get any loose fitting and unsafe areas repaired.
- Use non-slip rugs and bath mats, and have hand rails in your bathroom.
- Sit on a chair to dress yourself and when doing tasks in the kitchen.
- Store regular items within easy reach.
- Keep one hand free to hold on to something when up and about and hold the handrail when using the stairs.
- Avoid sudden movement or change of direction when walking.
- Ask for help to carry heavy objects or shopping.
- Avoid standing for too long. Sit and rest frequently.
- Take extra care if there are uneven, slippery or icy surfaces.
- Consider fitting a safe key if you have difficulties in answering the door.
- Use different colours to mark objects in your home, such as light switches, grab bars, hand rails and the edges of steps.

- Ensure lights are on, especially in the route you would most often use from your bed to the toilet.

## Looking After Yourself

There are many things that you can do for yourself to help you on a day-to-day basis. Here are some thoughts about what you can do:

### Good vision:

- Keep your regular eye test appointment, clean your glasses regularly and take extra care if you wear bifocal lenses.
- Give your eyes time to adjust before moving from light to dark surroundings.

### Medication:

- Understand what medication you are taking is for and whether any might make you feel dizzy or unsteady.
- Let your GP know if you experience any drowsiness or dizziness.
- Ask for your medications to be reviewed regularly.
- Ensure you continue to take your bone protection medication unless advised otherwise by your GP or consultant.

### Diet:

- Eat a well-balanced diet containing calcium and Vitamin D to maintain your muscle strength and energy as well as strong bones.
- Drink plenty of water to prevent dehydration and maintain your blood pressure.
- Maintain your blood sugar level by eating smaller, more frequent meals.
- Limit alcohol intake, as too much alcohol can affect your balance and judgment.
- Follow the advice of the dietician.
- Seek help from your GP if you are losing weight.

### Feet:

- Check your feet and seek help if you have any pain, soreness or redness.
- Wear well-fitting shoes which are in good condition and have non-skid soles.
- Consider wearing shoes with Velcro straps.