

Do's and Don't to reduce the risk of falling in the home

Falls are common events, but there are some simple steps you can take to prevent falls in your home.

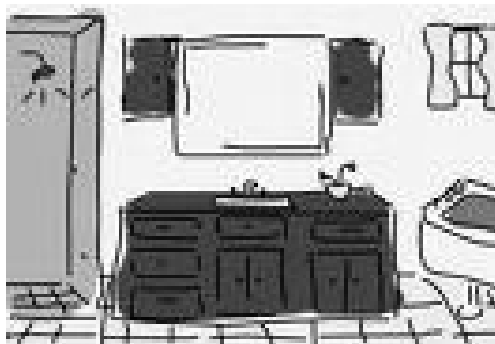
Bathroom

DO:

- Use non slip bath mats
- Have a chair or stool near by in case you feel dizzy
- Find out what bathroom equipment you can have fitted (grab rails)

DON'T

- Lock the bathroom door
- Have the water too hot



Bedroom

DO:

- Have a light by your bed, so it can be switched off from bed
- Try to have your call pendant by your bed (if you have one)

Cables / wires:

DO:

- Make sure cables and wires are tucked away so you don't trip over them

Clothing

DO:

- Wear good fitting comfortable shoes
- Wear clothes that allows your legs and feet to move easily

DON'T

- Wear clothes that are too long
- Wear very high heeled shoes

Furniture

DO:

- Ensure your furniture is arranged so you can move easily around each room
- Remove clutter from each room

DON'T:

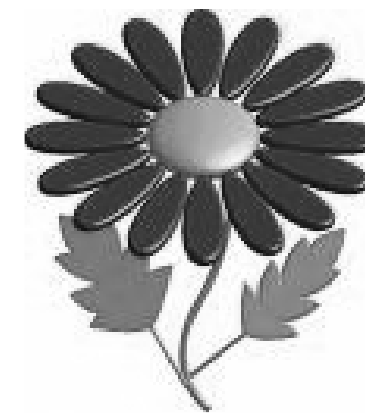
- Use furniture as a walking aid



Gardens:

DO:

- Keep garden paths and stairs clear of plants and moss
- If the ground is wet / icy put down sand / salt



Kitchen

DO:

- Have a chair or stool near by in case you need a rest or feel dizzy
- Wipe any slips immediately
- Keep everyday items in easy to reach cupboards or drawers

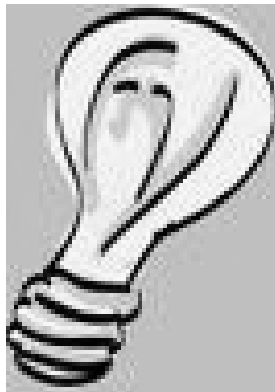
DON'T:

- Over stretch to cupboards

Lighting

DO:

- Always put on the lights when going up and down stairs
- Use long life bulb, to prevent having to change them as often



Rugs:

DO:

- Ensure rugs and carpets are tacked down or removed in every room

Telephones:

Do:

- Move telephones to a position of easy access.
- Tuck away any telephone cables, so you don't trip over them

Walking aids

DO:

- Use the walking aid, which has been provided for you
- Check the rubber stopper for wear and ensure it is changed

This leaflet was compiled by the Patient Information Leaflet Group, NHS Lothian Physiotherapy Services, November 2008.

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Health to Healthy
Living

Preventing falls in the home



A guide for patients