



# Preventing falls





## Preventing falls

Part of being a carer is making sure the person you care for can move safely.



If they trip or fall they might:

- Break a bone.
- Bump and bruise themselves.
- Feel really nervous about moving around again.

**This session can help you understand:**



- **What makes it more likely that someone will trip and fall.**



- **How to help stop the person you care for having a trip or a fall.**

## What makes it more likely that someone will fall



People who are over 65 years old and live at home are more likely to fall.



The reasons why are split into 2 groups.

### Group 1 About the person



Here are things about a person that might make them more likely to trip or fall.



- They have fallen before.



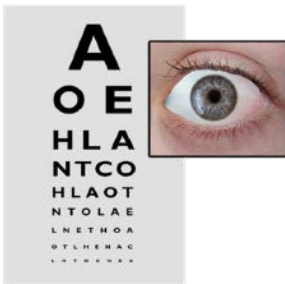
- They find it difficult to balance and move around.



- Medicine gives them side affects. For example it might make them feel dizzy or tired.



- They have an illness like Parkinsons disease, dementia or they have had a stroke.



- Problems with their eyes or they find it difficult to see.

## 2

### Group 2 Other things

Here are other things that might make a person more likely to trip or fall.



- If it is too dark or too bright.



- Slippy or uneven floor.



- Wearing shoes with heels, slippers or flip flops when moving around.



- Wearing baggy or floaty clothes that might get caught on something.



- Not having the right equipment. Things like walking frames or grab rails to hold onto.

# How to help stop the person you care for having a trip or fall

## Exercise



Exercise keeps muscles strong. It can also help with balance and being able to move a bit more.



Talk to a doctor about exercises that are right for the person you care for.

## Good balance



Having good balance means you are less likely to wobble and fall over.



When the person you care for is lying down and wants to stand up, these **3 steps** can help them keep their balance.



**1** Sit up first and stay there for a moment.



**2** Stand up and stay still for a moment.



**3** Now try to move.

**2**

**3**

If the person is already sitting up follow steps **2 and 3**.

## Eye sight



Make sure the person you care for:

- Wears glasses if they need them.
- Has regular eye tests.





- Takes off their reading glasses if they want to get up and move around.

Reading glasses are only for looking at things close up. If you stand up in them it can make you feel dizzy.



It is important to make sure there is enough light so they can see where they are going.



## **Eat and drink well**

Being too hungry or thirsty can make you feel dizzy or unsteady on your feet.



Eating and drinking regularly throughout the day can help.





Food with lots of calcium and vitamin D help to keep muscles and bones stronger.

Food like broccoli, milk, yoghurt, salmon and orange juice have these vitamins in them.



The NHS Eat Well Guide has lots of information about healthy food.

### **Website**

Search for **the eat well guide**.



### **Check medication**

Some medication can make you feel sleepy, confused or dizzy.



It is important to keep taking the medication but talk to the doctor or chemist about this.

## Use the right equipment

If the person needs help to sit, stand or walk make sure they are using the right equipment. Things like:



- Walking sticks or frames.
- Grab rails around the home you can hold onto.
- The right kind of chair.
- Using a special kind of toilet seat.



Speak to the doctor about who can help and give advice on different types of equipment.



Speak to your local council about any services that can help you.

## Keep the home safe

It is important to look at rooms and corridors to check there is nothing that could cause a trip or fall. Things like:



- Loose carpets, rugs or uneven floors.
- Drawers left open.
- Things left on the floor.
- Drinks or liquids that have spilled on the floor.
- Any pets in the home.



## Wear the right clothes and shoes

Make sure the person you care for is wearing clothes and shoes that won't make them trip or fall.

## How you can help



Check clothes are not too long or baggy. Long and baggy clothes can get caught on furniture or under feet.



It is important to wear the right sized shoes.

Make sure the person has their feet measured when they buy new shoes.



Wear shoes that fasten up with laces or have velcro that you can stick down.



Make sure shoes don't rub the persons feet and make them sore.



Make sure the person regularly has their toenails cut.

## Useful Websites

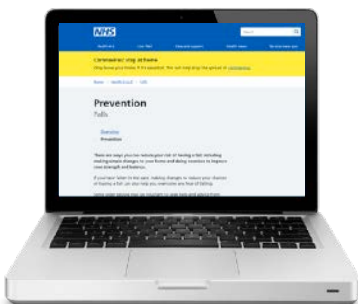


Carers UK have lots of information on their website.

**Website**

**[www.carersuk.org.uk](http://www.carersuk.org.uk)**

**These websites have information about preventing falls.**



**NHS Website**

**[www.nhs.uk](http://www.nhs.uk)**

This website also has information on balance exercises and fitness classes.



**Care Inspectorate Website**  
**[www.careinspectorate.com](http://www.careinspectorate.com)**