

How can I reduce my risk of falling?

- Keep active
- Eat well and drink plenty of fluids
- Have your eyesight checked regularly
- Know why you are taking your medicines
- Report any dizziness to your GP
- Wear well fitting slippers and shoes
- Check you home for any trip or slip hazards
- Ensure good lighting, particularly at night in case you need to get up

Contact your GP or health professional for further advice

Contacts

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The hospital is able to arrange for an interpreter to assist you in communicating effectively with staff through INTRAN.

If you need an interpreter or a person to sign, please let us know.

If you require a large print version of this booklet, please contact PALS on 01493 453240

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What do I do if I have a fall at home?



- How to reduce the risk of falling
- Making a plan for what to do in the event of a fall

Advice leaflet

Make a plan in case you were to fall

How would I get help?

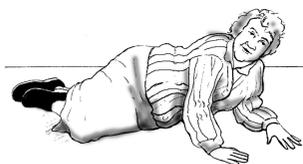
- Identify who you would call in an emergency and how you would contact them
- Consider a personal alarm and make sure you wear it
- Keep a mobile phone with you with useful numbers saved on it.

How could help get in?

- Consider a secure key safe
- Leave a spare key with your neighbours or family and friends who live nearby.

Tell your GP or health professional if you have a fall as there may be a treatable cause

How can I get myself up?



Ease yourself up onto your elbows



Move onto your hands and knees



Hold onto a firm surface to support you



Facing the surface ease yourself to a standing position



Turn yourself gently and sit on a firm surface

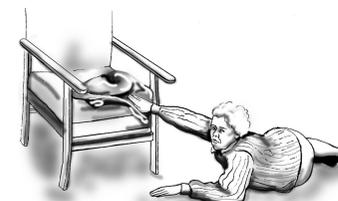
What if I can't get up?



Attract attention
Shout and bang something
Use your pendant alarm or phone



Get comfortable
Find a nearby cushion or roll up an item of clothing to put under your head



Keep warm
Cover yourself with clothing, the table cloth or a rug

Keep moving

- Move your joints to avoid stiffness and help circulation
- Change your position to avoid pressure sores
- If your bladder "lets go" roll away from any damp areas

