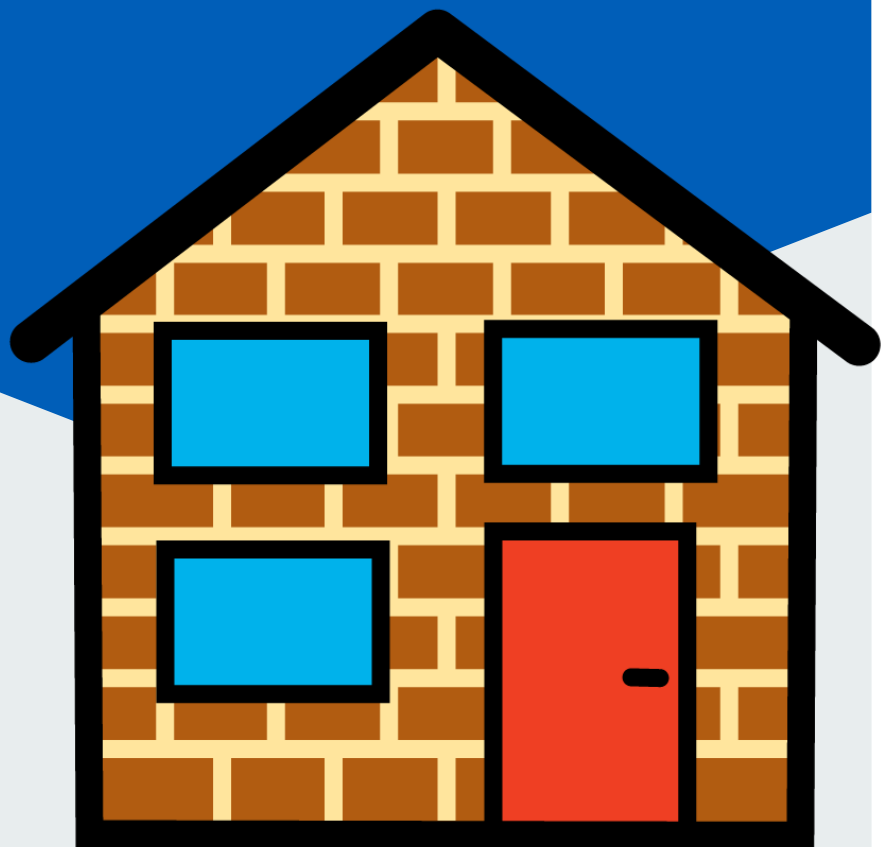


Easy Read

# Preventing falls at home

Information leaflet





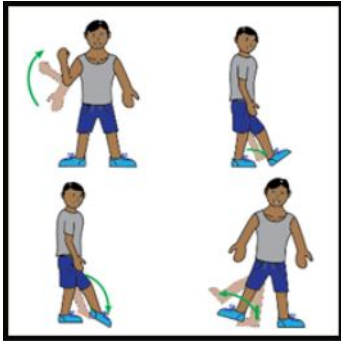
This leaflet uses easy words and pictures.

You might want to ask someone to help you read it.

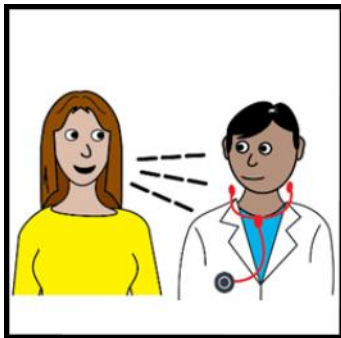


This leaflet is about avoiding having a fall in your home.

## These are tips about how looking after yourself can lower your risk of falling:



Keep as active as you can. Exercise can help to build up strength in your muscles and improve your balance.



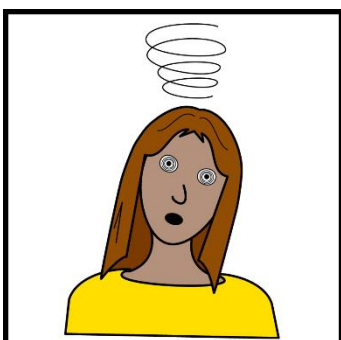
Talk to a healthcare professional about what exercises are good for you.



Avoid sitting for longer than 30 minutes.



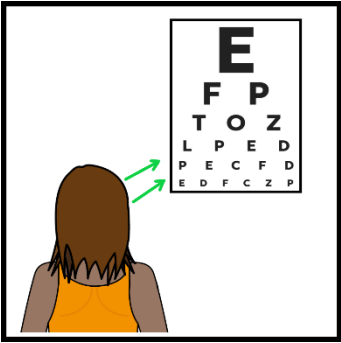
Take your time when you stand up. Get your balance before you start walking.



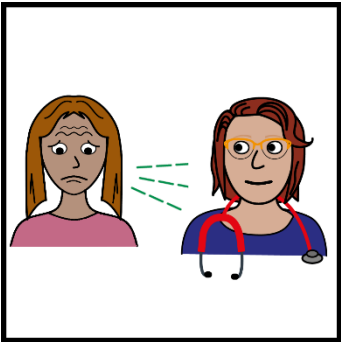
If you often feel dizzy when standing up, speak to your doctor.



Wear low heeled, well fitting shoes and slippers. Try to have your feet checked often.

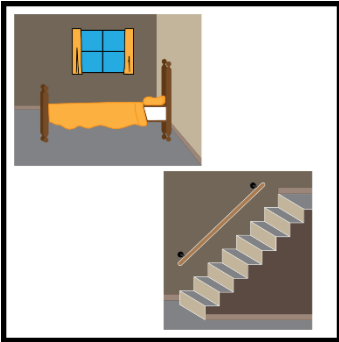


Make sure you have an eye test every 12 months. If you think your eyesight is getting worse, have a test sooner.

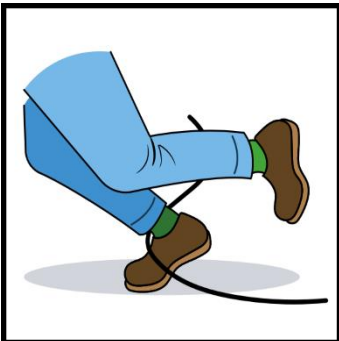


If your eyesight suddenly gets worse, tell your doctor.

## These are tips about how keeping your home safe can lower your risk of falling:



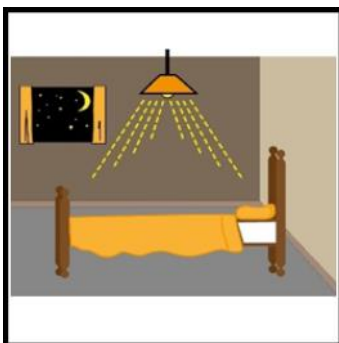
Keep your rooms and stairs tidy and not messy.



Secure wires if they are on the floor.



Get loose carpets repaired.



Make sure all areas of your home are well lit. This includes outside too.

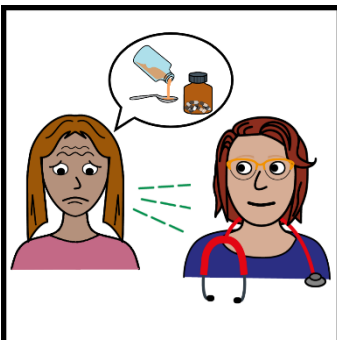
## These are tips about how managing your medicines can lower your risk of falling:



If you take medicines, make sure your doctor or pharmacist reviews them every year.



Always take your medicine as prescribed.



Let your doctor or pharmacist know if you have any concerns about your medicines.

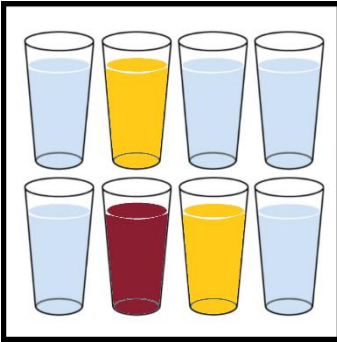


Drinking alcohol with medicine can lead to a higher risk of falls.



You can drink alcohol when you are taking medicine **if** your doctor or pharmacist says that it is OK.

## These are tips about how what you eat and drink can lower your risk of falling:



Try to drink at least 6 to 8 glasses of fluid every day, unless you have been told otherwise by a healthcare professional.

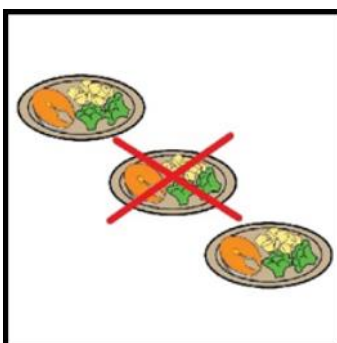


This includes:

- Water
- Juice
- Tea / coffee (ideally decaf)
- Milk
- Soup



Make sure you have a well-balanced diet.



Avoid missing meals.



If you wanted more information about preventing falls or to tell us what you think of our service. You can:

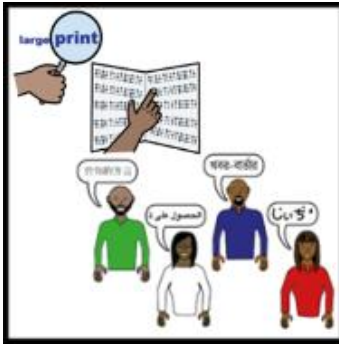


- Talk to a member of staff



- Contact the service involved in your care

**Other formats**



If you require this information in other languages, Braille, large print, or audio format please speak to a member of staff providing your care.