

## Having a preventing falls plan

Anyone can have a fall. Knowing you have an effective plan is critical, as it should:

- Increase your confidence and reduce the fear of falling as knowing what to do puts you in control
- Reassure families and friends
- Prevent the health risks associated with having to lie on the floor for any length of time, which are fear falling, pneumonia, pressure sores, dehydration and hypothermia.

## Have a means of calling for assistance

This may be carrying a mobile phone in your pocket and remembering to keep it charged, or having a care line installed. If you do not have family or a friend or neighbour who holds a spare key you could fit a key safe. This will enable access in the case of an emergency.

[livingmadeeasy.org.uk](http://livingmadeeasy.org.uk) is an impartial advice & information website and it is recommended you look here first before deciding to buy any item. For more information about fear of falling or strategy planning see our leaflet entitled Reduce Fear of Falling: Strategy Planning.

**Bromley  
Healthcare**  
better together

## Falls and Fracture Prevention Service

St Paul's Cray Clinic  
Mickleham Road  
Orpington BR5 2RJ

Tel: **0300 330 5777**

Email: [bromh.cccpod3refs@nhs.net](mailto:bromh.cccpod3refs@nhs.net)

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Central Court, 1b Knoll Rise, Orpington BR6 OJA

BHCISH112022

**NHS**



## Independence and Safety at home

Falls and Fracture Prevention service

The environment in your home can play a major role in increasing the possibility of slips and trips but with some thought you can make it safer.

Have a look around and think about what obstacles there are. It can be useful to think about yourself at two in the morning and not when everything is well lit and you are wide awake.

Making simple changes to your home can reduce your chances of having a fall, and if you have fallen in the past, can also help you overcome any fear of falling

Some of the suggestions may seem obvious but it's surprising how often they can be overlooked – so it is well worth checking them.

## Eliminating hazards

Falls can be prevented by removing trip hazards such as loose rugs, clutter and trailing wires.

## Home modification

Falls risks can be reduced and independence maintained by making minor environmental adaptations at home. Such as:

- Improving lighting in rooms, hallways and on stairs.

- Having a plug in nightlight. Battery operated motion sensor night lights can be used if you do not have a socket.
- Using a non-slip bath mat.
- Paint the outer edge of steps with non-slip white paint.
- Fitting grab rails to assist where needed e.g. getting in and out of the bath, to hold onto when showering or going up and down a step.

TIP: Try to have a walking aid at the top and bottom of stairs so that you are not trying to carry them as well as concentrating on using the stairs.

## Helpful equipment and small aids

Small Aids can help reduce the risk of falls and dizziness, such as those with long handles, which reduce the need to bend forward when carrying out tasks. Such as:

- Sponges etc. to wash lower legs and feet.
- Lotion and cream applicators.
- Sock, tights and compression stocking aids.
- Toenail cutters.

- Shoe horn.
- Long handled 'grabbers' can be used to pick up small items from the floor and to pick up post (alternatively you could fit a letter cage.)

TIP: Grabbers can also be used to draw the curtains, to obtain small items from above to avoid over reaching & can be used effectively to dress your lower half whilst seated.

For household tasks other 'long handled' items are available to purchase. Such as:

- Dustpan and brush.
- Milk bottle carrier.
- Pet feeder bowls.
- Gardening tools.
- A lightweight heated aircer can be used to prevent the need to hang washing outside.
- Use of a lightweight shoulder bag (preferably worn across the body) to prevent the need to carry items in your hands on the stairs, so you can use both stair rails.

You can buy small aids from Boots or a local Mobility shop.

If you are having difficulty with any daily living tasks please talk to one of the team and as we may be able to help you to find a solution.