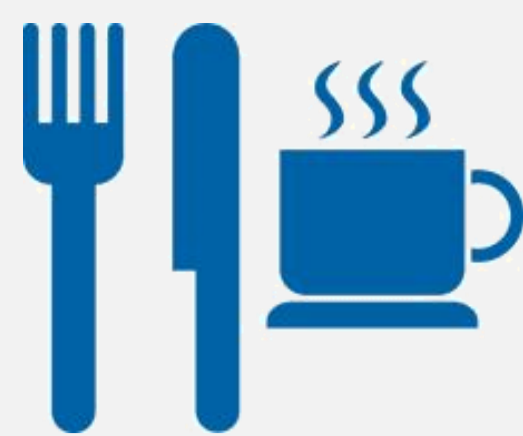


Top 10 Tips for Preventing Falls

1. Eat and drink well



You may not always feel thirsty or hungry, so one of our top tips for preventing falls would be to find ways every day to remember to eat and drink plenty of fluids.

2. Keep active

Exercise can improve balance, strength, coordination and flexibility. So, our second top tip for preventing falls is to keep moving, for example walking and swimming. Join a local health and fitness centre where you can meet like-minded people and give each other encouragement to exercise regularly.



3. Use the right equipment and aids



The secret to reducing the risk for falls is not only moving more, but moving safely. Our third top tip for preventing falls is to speak to someone regarding adaptations for your home to make it safer for you. Some examples include:

- Walking aids such as a walking frame, stick or ramps
- Hand or grab rails to make it easier to get in and out of a bath
- Raised seats for a chair or toilet to help you move between standing and sitting safely

4. Move safely around your home

Our fourth top tip for preventing falls is to take extra care when standing up, reaching or sitting down. When moving from lying down to standing, sit up first and stay sitting a moment or two. Then stand up slowly and stand a few seconds before trying to walk. When you first wake up, sit on the edge of the bed for a while to fully orientate yourself before you get out of bed.



5. Choose the right footwear and clothes



Wear clothes that fit properly. It's easy to trip on a coat, pair of trousers or bathrobe that is too long.

Have your feet measured each time you buy shoes since your size can change and ill-fitting shoes can increase the risk of falls. Choose shoes and slippers that support your feet well and that have non-skid soles.

6. Keep your home free of obvious hazards

You can move around more safely at home not only by using appropriate aids and adaptations, but by making sure that hazards are removed. Our next top tip for preventing falls is to regularly check for anything that may unnecessarily restrict your movement or that could be a tripping hazard



7. Take extra care when using the stairs



Avoid slips on the stairs with our seventh top tip for preventing falls. When using the stairs pay special attention to what you are doing:

Avoid carrying any package that will obstruct your view of the next step. Keep at least one hand on the handrail.

Give all of your attention to moving up and down stairs and try not to be distracted e.g. by conversations or other sounds..

8. Make sure you can see clearly

Top tip number eight for preventing falls is making sure you can see properly.

Always wear glasses if you need them, but remember to remove reading glasses before you walk.

Remember to have your eyes checked regularly.

Keep areas where you regularly move about well lit.

Have a torch handy for use in the event of a power failure.



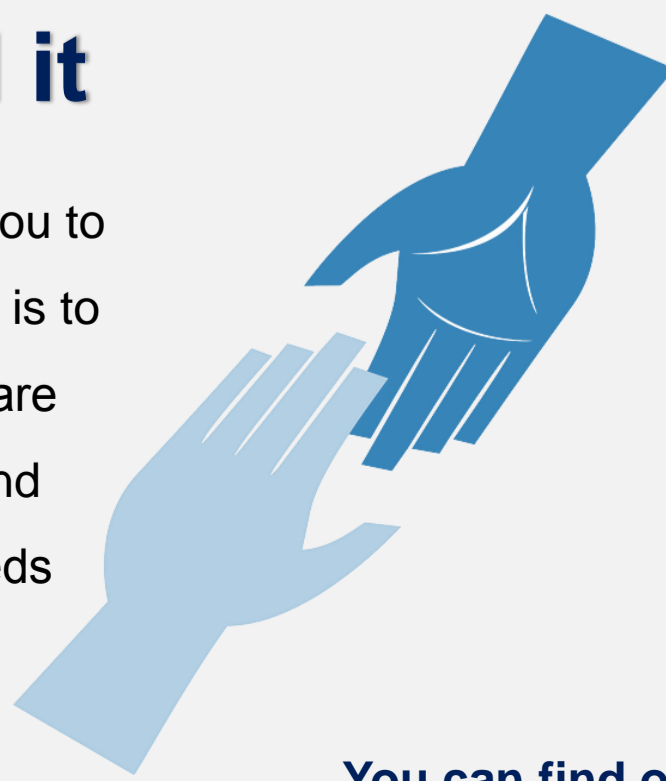
9. Be aware of medication side effects



Our ninth top tip for preventing falls is to be aware that the possible side effect of some medicines can increase the risk of falls. Taking several different medicines each day can increase this risk and may cause weakness or dizzy spells. Always read the information about side effects that comes with each of your medicines. Talk to your doctor or pharmacist about possible side effects. Ask for a review of your medicines if you are unsure or have not had a review for over a year.

10. Seek help when you need it

Having the right care and support when you need it can help you to live more safely and keep your independence. Our final top tip is to don't leave it too late to ask for help and advice. At Bluebird Care Exeter and East Devon we can offer a range of flexible care and support services in your home tailored to each customer's needs and preferences.



You can find out more about preventing falls from the [NHS choices website](#) or from [Age UK](#).