

- Check feet regularly for signs of injury, cuts or sores.
- Keep toenails trimmed and feet clean and dry.
- Wear well fitted, non-slip, supportive footwear.

**Sleep:** Sleep plays a big part in remaining alert.

- Limit daytime sleeping. Be as active in the daytime as you can be... safely.
- Do not drink caffeinated drinks too late in the day.
- Have a set bedtime.
- Limit sleeping tablets, these cause drowsiness and an increased risk of falls. Try listening to music, white noise, reading a book instead. Talk to your GP if you struggle.

### **Look After Your Vision and Hearing:**

Regular eyesight and hearing tests are important to monitor eye health and detect age related hearing loss. These are often free for over 60s.

- Specsavers offer a home visit service for both opticians and audiology <https://www.specsavers.co.uk/home-visits>
- Glasses are clean, correct prescription and in reach.
- Check hearing aids work and are fitted correctly.

### **Contact us**

Single Point of Access (SPoA)  
Address

Tel: 0345 602 4064

Email: [singlepoint.ofcontact@nhs.net](mailto:singlepoint.ofcontact@nhs.net)

Web: [elft.nhs.uk](http://elft.nhs.uk)



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.  
**We care . We respect . We are inclusive**



**Bedfordshire  
Community  
Health Services**

BEDFORDSHIRE

# **Stay Steady, Stay Safe**

## **Falls Prevention Tips**



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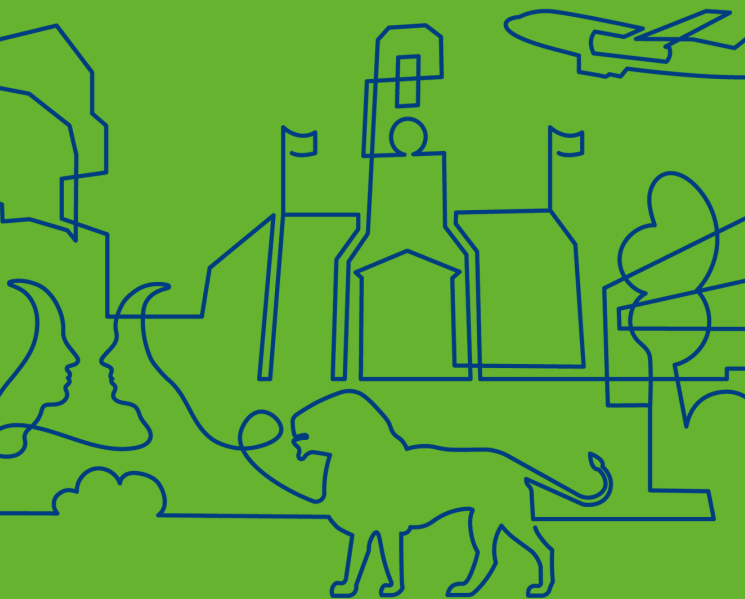
**East London  
NHS Foundation Trust**

## How can I help myself?

Falls can happen to anyone, but they are not an inevitable part of aging. Many falls are preventable with a few simple steps, you can stay steady, stay safe.

### Make Your Home Safer:

- Ensure rooms and walkways are clear of clutter.
- Secure loose rugs and wires.
- Improve lighting, consider a motion sensor night light.
- Do not lean/overreach to close windows, curtains or to get items from cupboards.



- Have everything you need at a height you can reach from a standing position.
- Use non-slip mats in the bathroom.
- Have a secure rail to hold at internal steps/stairs.
- External steps are level and secure, free of moss, overgrown bushes etc. Anything that makes it slippery or causes you to go offtrack, could put you at risk of a fall.
- Chair, bed, toilet are all the correct height for you to stand from easily.
- Home temperature is a minimum of 18-21 degrees. A cold home reduces muscle power.
- Have a bedside light with an easily accessible switch.
- Always have a phone and/or a pendant alarm in easy reach.
- Consider a letter box cage to prevent you having to bend down to pick up the post.

**Keep Active:** Regular movement maintains muscle strength, improves balance and increases co-ordination. Do not sit for long periods of time. When you do move, move slowly initially.

**Eat Well and Stay Hydrated:** Eating a healthy, varied and balanced diet helps prevent light headedness, tiredness and increases strength.

- Include calcium and vitamin D for strong bones.
- Drink plenty of fluids to avoid dehydration and urinary tract infections. Be mindful of caffeine and alcohol consumption.

**Manage Your Medications:** If you are on 4 or more medications a day, this can increase your risk of falls. Review medicines regularly with your GP or Pharmacist. Discuss any side effects.

**Manage Continence:** Avoid rushing to the toilet

- Go to the toilet regularly, don't wait until its urgent.
- Is the journey to the toilet well-lit and clutter free?

**Care for Your Feet:** Your feet play a big role in keeping you balanced, stable and mobile.

