

Understanding Falls

Information for Patients



Falls are common and they can feel worrying, but there are lots of things that can help reduce the risk.

Understanding why falls happen is the first step toward preventing them.

Reducing your risk of falls:

Taking small practical steps can help reduce your risk of falls.

- ✓ Ensure medication is taken at correct times
- ✓ Keep active – regular strength and balance exercises can help
- ✓ Check your home for trip hazards like trailing wires or clutter
- ✓ Consider removing rugs as these can be easy to catch your feet on
- ✓ Make sure you put a light on if you are up in the night
- ✓ Make sure your eye test is up-to-date and you wear the right glasses.
- ✓ Take your time when you first stand up.
- ✓ Use walking aids if you have or need them.
- ✓ Keep yourself hydrated.
- ✓ Keeping alcohol intake within recommended limits.

Can I learn how to get up from the floor if I fall?

Your clinician can teach you techniques on how to get up from the floor. They will work with you to make sure you feel confident to get yourself back up again if you have fallen.

Planning for falls:

Even with the best planning, falls can still happen. Knowing what to do and having a plan in place can help you stay safe and reduce stress if you ever find yourself on the floor.

Mobile phone - Keep a mobile phone with you – try to carry it in a pocket or on a lanyard. Practise unlocking it, making a call, and using any emergency features so you feel confident using it in a real situation.

Key safe - Having a key safe could allow family, friends or the emergency services to access your home if support is needed after a fall.

Pendant alarms (there is a charge for this service & other services are available)

- **Careline** - Telephone 0808 258 1843 (0900-1700)
- **N-Able** – Telephone 01603 894120

What to do if you've fallen and hurt yourself

Shout for help and call 999 immediately

If you have severe pain, cannot move, feel unwell or think you may have broken something, do not try to get up.

What to do if you've fallen but you're not hurt but can't get up

If you have a fall but are not seriously injured, you can request help from some trusted services.

- **Norfolk Swift Response (Norfolk):** 0344 800 8020 and select option 1
- **ECCH (Suffolk):** 01493 809 977
- **Out of Hours Team (Great Yarmouth & Waveney 0600-2000):** 01603 481234

Try to keep as warm and as comfortable as possible whilst you wait.



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