

Falls Checklist

Have you thought about your falls risk?

- I have fallen in the last 12 months
- I am on 4 or more medications a day
- I have Parkinson's disease or have had a stroke
- I feel unsteady on my feet
- My shoes don't fit me very well
- I struggle to get up from a chair without feeling unsteady, lightheaded or dizzy
- I have problems with my sight
- I use a walking aid to get around
- Things often get in my way when walking around my house (e.g. furniture, trailing wires, frayed carpet)
- The lighting in my house is not very bright

Risk Reduction Top Tips

I've fallen in the last 12 months

Previous falls are a big predictor of future falls. This is because past falls can reduce our confidence and stop us from moving about so much, which we need to do to keep our strength up and our balance steady! If you have had a fall in the last 12 months then our Adult Social Care team can offer full falls risk assessments and programmes to support recovery.

Call 01344 352000 for more information.

I am on 4 or more medications

Multiple medications increases our risk because we have more of a chance of experiencing side effects from multiple medication use. If you haven't had a medication review for over a year then you should see your GP. They may be able to recommend alternative medication or lower doses.

I have Parkinson's disease or have had a stroke

Strokes can cause leg muscles to become weaker, sensory loss and problems with balance. Parkinson's disease can also cause balance problems, unsteady walking and involuntary movement from medication. For local support contact:

Stroke Association

Website: www.stroke.org.uk/finding-support/support-services

Telephone: 07712 853579

Parkinson's UK

Website:

www.parkinsons.org.uk/information-and-support/our-support-services

Telephone: 0808 800 0303

Risk Reduction Top Tips

I feel unsteady on my feet

Strength and balance plays one of the biggest parts in falls prevention. As we get older our balance reaction times can become slower and our strength in our muscles and bones naturally reduces. To keep yourself strong and steady take a look at our local Get Active groups by searching '**Bracknell Forest warm welcome map**' online. There really is a group for everyone!

Or for at-home exercises visit

www.nhs.uk/live-well/exercise/balance-exercises/

My shoes don't fit me very well

Wearing unsuitable or poor fitting footwear can affect our balance and could cause a fall. Our shoes should...

Have a high back to support your ankles



Have a heel lower than 1 inch

Have a slip resistant sole

If you're wearing slippers around the house they should be securely fastened and have a thick and solid sole.

Risk Reduction Top Tips

I struggle to get up from a chair without feeling unsteady, lightheaded or dizzy

You should be able to stand up from a chair of knee height without using your arms. If you feel unsteady, lightheaded, dizzy or even feel faint after getting up, it could be a sign of low blood pressure. Have this checked by your GP.

I have problems with my sight

As we get older our vision often becomes less clear and can stop us from successfully measuring distance and depth. We may also be more sensitive to light changes and glare and it could take us longer to focus. If we wear bifocals or varifocals then the lower lense in these can blur the vision that we use to detect objects on the floor around us, creating a trip hazard. Visit your local optician and have an eye test every 2 years. These are free on the NHS to anyone over the age of 60. If you notice any changes with your sight at any time don't wait for your next eye test, book an appointment as soon as possible.

I use a walking aid to get around

Mobility aids (walking sticks and walking frames) can help you to get around if you feel that you are struggling with walking. If you use a walking aid then make sure that it is appropriate for you and is kept in good condition. For example walking sticks should be the correct length (the height from the ground to your wrist when your arms are relaxed at your sides). Also keep an eye on the rubber at the end of your stick or frame to make sure that it is replaced when it wears out.

Risk Reduction Top Tips



Things often get in my way when walking around my house (e.g. furniture, trailing wires, frayed carpet)

Homes can be a hazardous place! Top tips include:

- Using non-slip mats in the bathroom
- Mopping up spills to prevent wet, slippery floors
- Ensuring all rooms, passages and staircases are well lit removing clutter
- Sticking down upturned carpet and removing rugs
- Keeping wires out of walkways
- Using contrasting wall and furniture colours
- Keeping objects at a suitable height (so you don't have to reach for them)
- Making steps more obvious (e.g. using brightly coloured labels)
- Installing grab rails if necessary

The lighting in my house isn't very bright

Poor lighting can stop us from seeing objects in our way. Make sure light bulbs in the house are working, a lamp is in easy reach of your bed and that hallways are well lit in case you get up in the middle of the night.