

**Preventing falls**

As we get older, we are more likely to fall. Preventing falls can help you stay independent and avoid serious injuries like broken bones, which can take a long time to heal and make daily tasks harder.

This leaflet is here to help you think about how to prevent falls. It might also help you think about what you would like to discuss at your next personalised care and support planning appointment.

**Thinking about falls?**

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| Have you had a fall or found yourself on the floor in the last 12 months? – How many times? |  |
| Where were you when you fell? |  |

**About the falls you have had:**

**Things that make you more likely to fall**

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| Could you get up off the floor afterwards? |  |
| Did you feel dizzy or light headed at the time? |  |
| Did you slip on something or trip over? |  |
| Do you feel unsteady on your feet? |  |
| Are you or your relatives worried about you having another fall? |  |

Which of these could you change to reduce your risk of falling?

Overreaching and rushing

Problems with your feet or footwear

Wet or slippy areas, carpets that are loose or don’t fit

Clutter and objects that trip you up

Problems with your eyesight

Feeling lonely/ socially isolated

Using ladders or standing on chairs to reach things

Not drinking enough water

Being on a lot of different medications

Too much alcohol

Poorly lit areas, especially stairs

Being underweight

**What else can you do to reduce your risk?**

Have your medications reviewed

Stay active

Strength and balance

exercises

Regular

eye tests

For more information about practical ideas to improve your strength and balance go to the following link for the “Get up and Go” leaflet (<https://www.csp.org.uk/publications/get-and-go-guide-staying-steady>)

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| **Please write down the things you would like to discuss at your next review** |
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