

Preventing falls

Learn how to reduce your risk of accidental falls and stay safe and confident on your own two feet.



Help is at hand

Ask for help to understand where and why you might fall. It helps to protect you.

- It's common for confidence and strength to vary day to day.
 - As a general rule - if you are worried ask for help. Our team can see you at home or at the hospice.
 - It is common to find fear of falling holds you back. Falling as an adult can be a shock.
- It's ok to ask for help with any movement that you feel unable to complete safely on your own; there are lots of practical actions that can improve safety and reduce fear.

Please ask any member of our team if you would like support with your mobility.

Our teams are here for you

Don't hesitate to press the buzzer day or night and a member of the Nursing Team will assist you.

At our Inpatient Unit (IPU):

You can call for a member of the team any time, day or night. Our colleagues are there to help you. They can:

- Use and explain the hoists or lifts that are available to help you move.
- Check your room in the hospice regularly for trip hazards and remove them, for example accidental spillages or items on the floor.
- Offer to keep the night lights on for additional safety.
- Keep your walking and mobility equipment in reach of you whether you are in your bed or in your chair.
- Check your blood pressure in a standing or sitting position.
- Adjust your medication accordingly.

At home:

- Check if equipment could improve your mobility and help arrange that for you. Our Therapies Team offer home visits if necessary.
- Organise your surroundings so things you need are within your reach without needing to bend or stretch.

Reducing injuries

Despite best efforts, unfortunately falls may still occur. But by working together we can help to limit the number of incidents and reduce any injuries sustained when accidents do happen.

Simple tips to stay safe

- Staying mobile keeps the blood circulating meaning more oxygen can get around the body. This can improve our overall comfort and mental wellbeing.
- Wear well-fitting slippers and shoes, ideally in a style that supports the ankle with a good grip on the sole.
- Try to wear coats, robes, dresses or saris that stop above your ankle.
- When using walking aids, try to stand regularly for short periods.
- Keep personal items that you use regularly close to your bedside at night and your chair during the day.
- Keep a light on at night.
- Keep your toenails clipped and feet in good health. If you think your feet need freshening up don't hesitate to ask and we can arrange a specialist to see you.
- If in doubt use your call bell.
- If you feel your mobility has changed at all let us know.

How can I help my loved one?

- Share any concerns about them moving or falling.
- If they're staying at our Inpatient Unit bring them comfortable, well-fitting clothing and footwear, as well as any walking aids, glasses or hearing aids they need.
- Clear their home of any trip hazards.
- Put away any chairs that you have moved or used during your visit.
- Place the call bell near them when you leave.