

Don't Let Falls Get You Down

Anyone can fall, but older people may be more vulnerable than others.

This can be because long-term health conditions can increase the chances of someone falling.



Falls Questionnaire

Answer yes or no to the questions below to see if you could be more susceptible to falling.

If you answered yes to fewer than 2 of the questions, take action now to keep yourself steady and prevent falling in the future.

If you have had 2 or more falls in the last 12 months or if you have answered yes to 3 of the questions below, seek advice from your GP practice.

Question	Yes/No
Have you fallen in the last year?	
Are you taking 4 or more medicines?	
Have you had a stroke or been diagnosed with Parkinson's disease?	
Have you had any problems with your balance or walking?	
Do you have difficulty getting up from a chair?	



How to keep yourself safe and well at home

Check your home for hazards and take action to keep you safe

- Hard to reach items
- Wet surfaces
- Poor lighting
- Clutter and trip hazards
- Poorly placed furniture
- Stairs – loose or worn carpets/broken or missing hand rails
- Loose rugs or mats (especially on a slippery floor)

Keep active

- It strengthens muscles, keeps joints supple, improves balance and feeling wellbeing.
- Pick up a copy of the exercises for strength guide for simple daily exercises to help with your balance and co-ordination.

Eat healthily

- Consume the recommended daily allowance of vitamins and minerals (especially vitamin D and iron)
- Starchy food like potatoes, pasta and wholemeal bread to maintain energy and protein such as meat, fish, eggs, beans and pulses to maintain muscle

Stay hydrated

- It reduces falls and urinary tract infections, improves the effectiveness of medication and brain function

Alcohol increases the risk of falling

- Avoid alcohol or reduce the amount you drink

Eye health

- If you are over the age of 60 you are entitled to a free annual review

Choose good footwear

- Make sure you have well fitting slippers and shoes with adequate grip

If you have concerns about your hearing

- Seek advice from your GP

Sleep well

- Aim to get 7-8 hours of sleep a night
- Sleep at regular times
- Make your bedroom sleep friendly
- Make sure you wind down



For more information on preventing falls visit
www.surreyheathccg.nhs.uk
and click on "Your Health"

Surrey Fire and Rescue

Officers can come to your home and undertake a free safety check to help you improve your wellbeing, reduce the risk of fire and help you to live more independently.

- Call 0800 085 0767
- Text 07527 182861
- Website www.surreycc.gov.uk/firesafeandwellvisit

Surrey Heath Social Prescribing Service

Are you feeling lonely or isolated? Do you need advice or practical help around the home? Are you struggling to get out and about? Social prescribing is a FREE service that puts you in touch with a range of community organisations and activities to support you to improve your overall wellbeing.

- Call 01276 707253
- Email socialprescribing@surreyheath.gov.uk
- Website www.surreyheath.gov.uk

Surrey Heath Borough Council Community Services

- Community Alarm & Telecare. Call 01276 707659
- Community Transport. Call 01276 707655
- Meals at Home. Call 01276 707651
- Website: www.surreyheath.gov.uk/communityservices

Action for Carers Surrey

Help for carers of all ages across Surrey with free information, support, events, advice and more.

- Call 0303 040 1234
- Text 07714 075993
- Email carersupport@actionforcarers.org.uk
- Website www.actionforcarers.org.uk

