

# Don't Let Falls Get You Down

Anyone can fall, but older people may be more vulnerable than others as 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 1 or 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 or more 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?	



This leaflet is available on request in different formats such as alternative languages, Braille, large print or audio.

Call 0300 123 6258

or email [eastberksccg.enquiries@nhs.net](mailto:eastberksccg.enquiries@nhs.net)

# 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:**

### Slough

FallsFree4life.co.uk  
0800 6349139  
01753 373585

### Royal Borough of Windsor and Maidenhead

Keep Safe Stay Well  
0333 121 0205

### Bracknell

Bracknell Falls  
Clinic  
01344 351500

## For more information on on safety at home visit:

### Berkshire Fire and Rescue Service

Officers can come to your home and undertake a free “safe and well” visit to help you improve your wellbeing, reduce the risk of fire and help you to live more independently.

- [www.rbfrs.co.uk](http://www.rbfrs.co.uk) - to book a safe and well visit.
- 01189452888

### For more information about accessing Social Prescribing:

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. Contact them if you feeling lonely or isolated, you need advice or practical help around the home, or you struggling to get out and about.

Slough  
Via Slough CVS or your GP  
01753 944198  
[www.sloughcvs.org](http://www.sloughcvs.org)

Royal Borough of Windsor  
and Maidenhead  
Via your GP

Bracknell  
01344 352000  
[www.health.bracknell-forest.gov.uk/social-prescription](http://www.health.bracknell-forest.gov.uk/social-prescription)

## For more information about accessing Council services:

Slough Borough Council  
Community Service  
[www.slough.gov.uk](http://www.slough.gov.uk)  
Community Alarm and  
Telecare  
01753 475111  
Out and about  
Call 01753 691131

Royal Borough of Windsor  
and Maidenhead  
[www.rbwm.gov.uk](http://www.rbwm.gov.uk)  
01628 683744

Bracknell Forest Council  
[www.helpyourself.bracknell-forest.gov.uk](http://www.helpyourself.bracknell-forest.gov.uk)  
01344 352000

## If you are a Carer who needs advice or support visit:

Slough  
[www.sloughcarerssupport.co.uk](http://www.sloughcarerssupport.co.uk)  
01753 944198  
[sloughcarers@gmail.com](mailto:sloughcarers@gmail.com)

Royal Borough of Windsor  
and Maidenhead  
01628 683744  
[www.rbwm.gov.uk/info/200178/carers](http://www.rbwm.gov.uk/info/200178/carers)

Bracknell  
01344 266088  
[www.signal4carers.org.uk](http://www.signal4carers.org.uk)