Northern Health and Social Care Trust

Falls Prevention Advice

Environment

Clutter and mess in your home causes falls, tidy your floors, especially stairs and halls.

Medication

Your tablets and potions will help your ills, but your GP or Chemist should review your pills.

Footwear

Sloppy slippers and heels that are high, may cause you to fall and make you sigh.

Eyesight

Get your eyesight tested once a year, over 60 it is free – that's not dear.

Alcohol

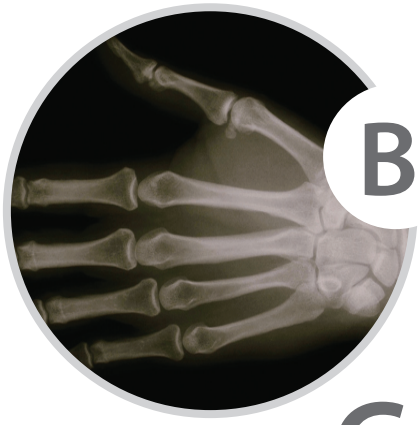
Too much alcohol is dangerous for you, makes you unstable and causes falls too.

Exercise

Make regular exercise your aim, and muscle strength you will retain.

Dizziness

If you feel dizzy when getting up to stand take your time go easy, or on the floor you'll land.



Bones

Strong healthy bones you have to feed, calcium rich foods are what they need.

Carpets / rugs

Loose rugs and torn carpets can be a disaster, Look out! Your leg might end up in plaster.

Lights

When getting up in the dark switch on a light, and in the corridors and halls leave it on all night.

Fear of falling

Does fear of falling keep you in your seat, Ask for some help this fear you can beat.

Good Advice

If you are wise you will listen to these tips, they will help you avoid trips and slips.

For further information on falls prevention contact:
Leesa Houston, Senior Health Promotion officer (Older People)
Tel: 028 2563 5575
Falls Prevention **Team**
Tel: 028 9442 6104