



Need help to read this?
Ask for it.

Don't Fall!

Tips and reminders for you



Wear shoes, not slippers



If you have a stick or frame
use it.



Lean forward
and stand up
slowly



When you
walk, don't
rush



Don't stand
on chairs or
other things



It is important to keep healthy

Have your eyes checked regularly



Have your ears checked regularly



Have your medication checked regularly



Keep active, do some exercise

Ask to see a physio for advice
about exercises to stop you
falling

Useful Leaflet



Eat a healthy diet

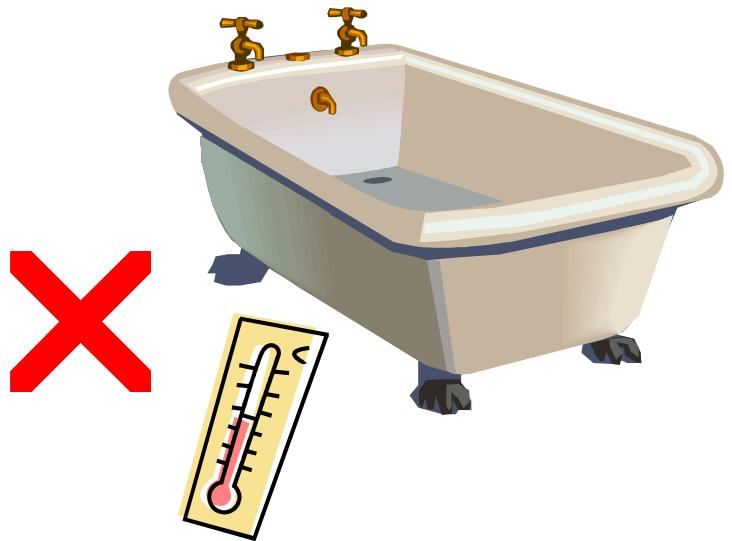


Drink plenty of fluids, especially if the weather is hot



Around your home

Don't have
your bath
water too hot



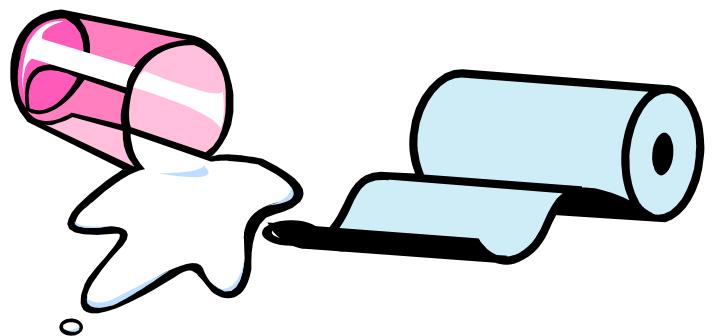
Use non-slip
mats and
rails and any
other aids
you have



Move rugs,
wires and
other things
you could trip
over



Wipe spills
up right away



Make sure
there is
enough light
to walk by



What to do if you fall

Rest

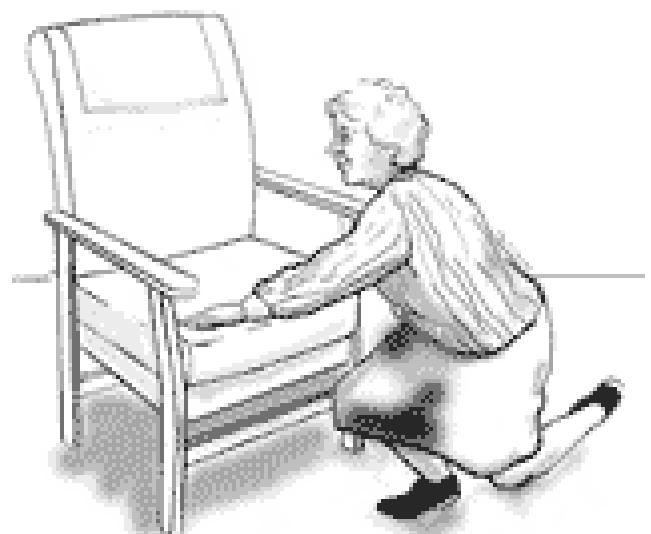


Call for help
to get up



Try to get up

If you are not
hurt



Useful leaflet



What to do if I fall

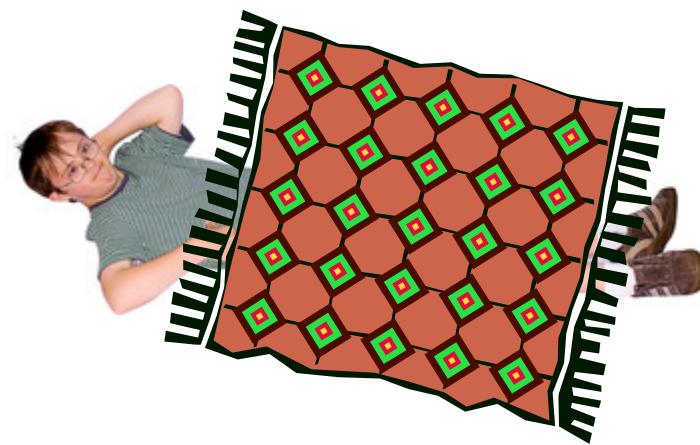
I can not get up

Call for help again

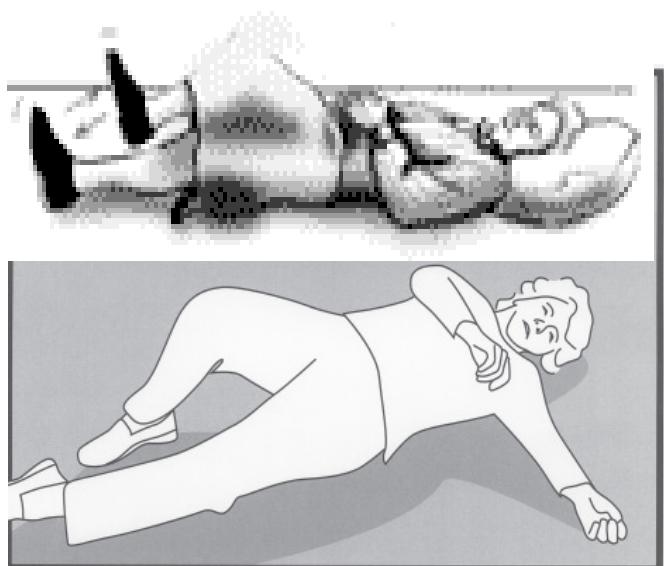


999

Get
comfortable,
cover yourself
with something
warm, stay calm



Keep moving so
you don't get stiff.
Roll away from a
wet area if you
do a wee



It is really important to tell your doctor if you have fallen



Your doctor may arrange some help or tests





Useful leaflets by Sussex Partnerships

An exercise program to
reduce your risk of
falling

What to do if I fall

Adapted from leaflets developed by South Staffordshire and Shropshire NHS Foundation Trust and Eastbourne Downs and Weald Community Learning Disability Team with thanks to Powerful Partners for their input