

# How to prevent falls



## CHANGES AROUND THE HOME

- Remove clutter: Ensure that living spaces are free of clutter and well organised to minimise the risk of tripping.
- Adequate lighting: Install bright lighting in hallways, staircases, and frequently used areas to improve visibility.
- Secure handrails: Install handrails on both sides of staircases, and in bathrooms, to provide support and stability.
- Non-slip flooring: Use non-slip rugs and mats, especially in areas prone to moisture, to prevent slipping accidents. Be sure to check they are securely attached.
- Install a seat in the shower to make self-care easier and safer.
- Organise belongings: Keep frequently used items within easy reach to avoid unnecessary reaching and potential loss of balance.

## LIFESTYLE CHANGES

- Keep physically active: aim to do at least 30 minutes of gentle activity, five days a week. This will keep you stronger and help improve your balance.
- Eat well: A wide variety of healthy foods and drink can help keep you strong, especially in hot weather. If you are underweight you might like to consider supplements.
- Stand up slowly: Taking it easy when you're getting up from sitting or lying down can help prevent dizziness or losing your balance.