

An Easy Read Guide to
Falls information and Prevention



About this booklet



As we get older we are more likely to be unsteady and fall over.



This booklet tells you some ways to prevent falls and help keep you safe.

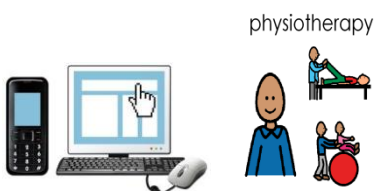


Ask someone to read this booklet with you.



Staff that work with you should be familiar with the SMH falls policy on the intranet.

There are lots of things that you can do to help keep you safe from falling.



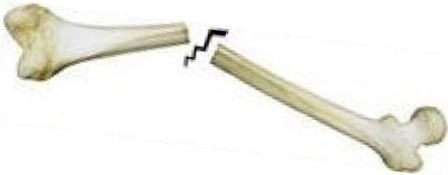
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If you have had a fall or are concerned that you may fall, contact the Physiotherapy Department to make an appointment.

Keeping your bones Strong!



Inside our body we have bones. Strong bones help to keep our body safe.



When some people fall they might break a bone. This means that their bones might not be strong.



Being active everyday helps to keep our bones strong.



Eating healthy food everyday helps to keep our bones strong.



For more information and resources on keeping your bones strong you can visit www.happybones.ie

Keeping active!



Keeping active helps with our balance and helps keep us steady on our feet.



Everyone should aim to be active for at least 30 minutes every day!



Make sure to use your walking aid if and when you need it to keep you safe when you are active.

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Your Physiotherapist can give you some exercises that can help with your balance.

Shoes and footwear!



Having good footwear is very important for our balance and safety!

Below are some simple tips to consider when choosing good footwear!



Make sure you wear comfortable shoes that fit correctly. Have your feet measured if you are not sure what size you need!



If you wear insoles or splints, make sure these fit in comfortably when purchasing new footwear!



Ideally get laced or Velcro shoes. If you cannot tie laces, then replace shoe laces with 'lock laces'. Then you can pull your shoes on instead. Slip on shoes should be avoided!



A Firm heel counter is important for support. Make sure the heel counter doesn't collapse easily when you press on it!



The mid sole of the shoe should be supportive. You should not be able to twist them as shown.



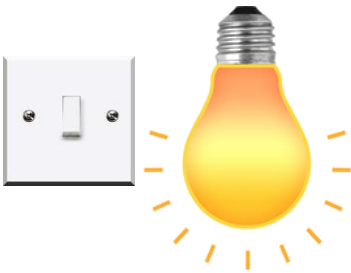
The sole of the footwear should have good grip. If the sole is smooth it can make it easier to trip or fall!

Safe Environment!



There are some things in your home, work, and community that might make you fall. It is important to be aware of these!

Below are some things inside that could cause you to fall.



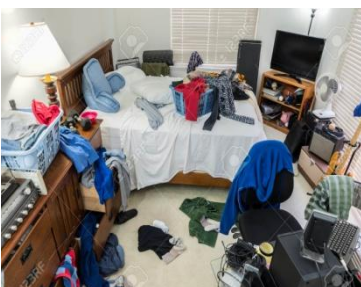
Poor lighting or dark rooms can cause you to fall. Make sure to turn on the lights!



Going up and down stairs without holding onto something for support can cause you to fall. Make sure to use the handrails!



Loose or old carpets or mats could make you fall. Check with staff that the carpets or mats in your house or workplace are safe!



Cluttered or dirty rooms can mean there are lots of things you could trip over. Make sure to keep your house/workplace clean and easy to walk around in!

Below are some things outside that could cause you to fall.



Cracked or uneven paths might cause you to fall. Always take extra care when walking on paths like these.

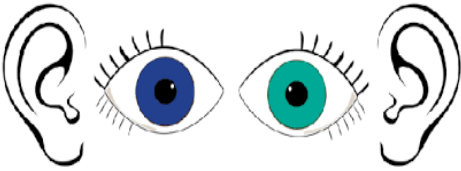


Wet leaves on the path or road can be slippery and cause you to fall. Always take extra care and avoid walking on these when possible!



Icy or slippery paths and roads could cause you to fall. Always take extra care in these situations.

Eyes and ears!



Being able to see and hear what's around you is very important. It can help keep you safe from falls.



It is important to get your eyesight checked regularly. If you do need glasses it is important that you wear them!



It is important to get your hearing checked regularly too. If you need a hearing aid it is important to wear it so you can hear what's going on around you.

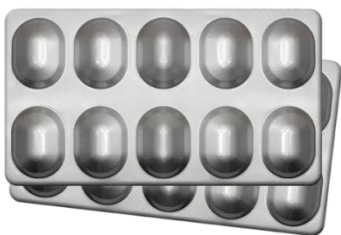
Medication



Some people take medication. Medications can affect your risk of falling.



If you take four or more medications, this can increase your risk of falling.



There are some medications that can make it easier for you to fall.



If you are concerned about your medication you should make an appointment to see your doctor.

What to do if you have a fall!



Don't worry or panic. There is lots of help and support out there for you! You may need to see your GP.



Your GP may recommend that you see a Physiotherapist or Occupational Therapist. Go to page 13 & 14 to see what a Physiotherapist and Occupational Therapist can do for you!



After you have a fall it is important to understand why/how it happened. This can help prevent it happening again!



There are some questions on the next page that can help understand why you fell. It can be useful to bring these answers to any appointments following your fall!

What happened when you fell?



When did you fall?



How did you feel before you fell over?



What were you doing when you fell?



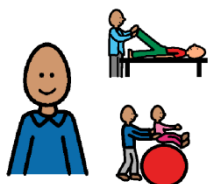
Did you hurt yourself?



Could you get up after-wards?

How Physiotherapy and Occupational Therapy can help you!

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Below are some ways a Physiotherapist can help you!



Giving you exercises for your balance and mobility.



Feet

Reviewing your feet and footwear.



Giving you a walking aid.



Giving you clothes to help protect your hips.

Occupational Therapy



Below are some ways an Occupational Therapist can help you!



Giving you equipment for your home.



Making your home safe.



Giving you an alarm to call for help.

If you are concerned about falling and think a Physiotherapist or Occupational Therapist can help you, please fill out a referral form available on the downloads section of the intranet!