

## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of staff. We learn from your feedback and use the information to improve and develop our services.

**We can make this information available in Braille, large print, audio or other languages on request - please ask a member of staff.**

# How to Prevent a Fall



**Advice for patients,  
residents and relatives on falls  
prevention in care settings**

## Advice for patients/residents

### To help prevent a fall:

- Keep everything you need within easy reach, including your call button and any walking aids.



- Avoid stretching or bending for things - ask someone to help you.

- Make sure slippers and shoes are supportive and fit properly, and that your clothing is not too long.



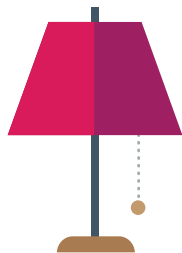
- Stand up slowly from your bed or chair, and get your balance before you set off.

- Press your call button for assistance if you feel dizzy or unwell or need assistance to go to the bathroom or toilet - don't attempt it on your own.



- Use your call button so that staff know you need their help.

- Keep a night light on if you need to.



## Advice for relatives/visitors

### How I can help my relative or friend:

- Leave the room tidy and clutter free, and keep walkways clear.

- Replace bed tables moved during your visit and return any chairs you have used.

- Clean up any spills on the floor such as liquid or food, and inform a member of staff.



- Make sure you leave the call button within easy reach.



- If you find anything that could be a potential hazard, please report it to a member of staff.



- Remember to let a member of staff know that you are leaving.

