

Easy Read

Preventing falls in a care setting

Information leaflet





This leaflet uses easy words and pictures.

You might want to ask someone to help you read it.



This leaflet has tips to lower the risk of having a fall in a care setting.

Pages 3 – 4: Tips to lower your risk of having a fall.

Page 5 – 6: Tips for visitors.

Tips for patients or residents to lower your risk of having a fall:



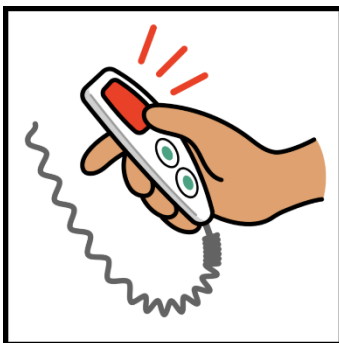
Keep everything in a place that is easy to reach.

This might be things like a call button or walking aid.



Avoid stretching or bending for things.

Ask someone to help you.



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

This includes if you:

- Feel unwell
- Need help with moving around
- Need help going to the bathroom.



Wear low heeled, well fitting shoes and slippers.

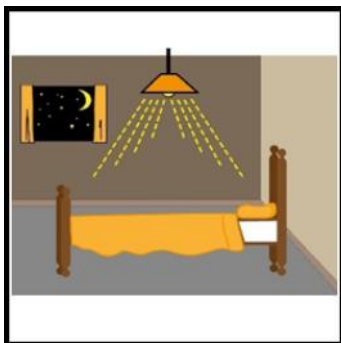
Make sure your clothing is not too long.



Take your time when you stand up. Get your balance before you start walking.



If you often feel dizzy when standing up, speak to your doctor.

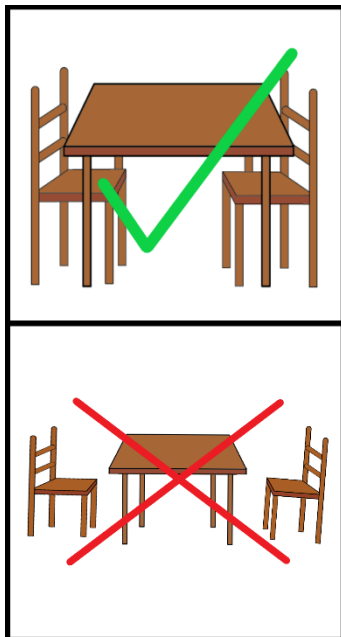


Keep a light on at night if you need to.

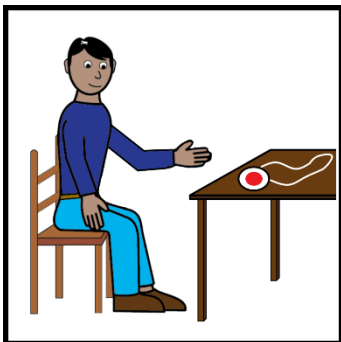
Tips for visitors:



Leave the room tidy and not messy.



If you move any furniture when you visit, please move them back when you leave.



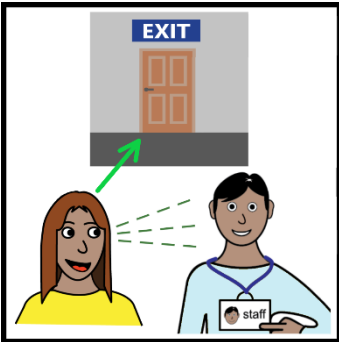
Leave the call button in a place that is easy to reach.



If you see anything that increases the risk of a person falling, tell a member of staff.

This could include:

- Spills on the floor
- Wires on the floor



Tell a member of staff when you are leaving.



If you wanted more information about preventing falls or to tell us what you think of our service. You can:

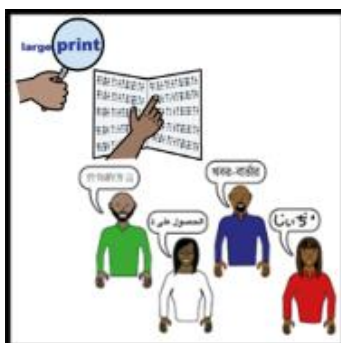


- Talk to a member of staff



- Contact the service involved in your care

Other formats



If you require this information in other languages, Braille, large print, or audio format please speak to a member of staff providing your care.