

STEADY ON YOUR FEET

Cambridgeshire
and Peterborough



Falls Prevention Information Pack

Information & Advice



Information and Advice

Falls

The more details you can remember about a fall, the easier it is to pinpoint a cause so think carefully about:

- When it happened – Was it related to time of day? Were you doing something specific at the time?
- How it happened – Was it a loss of balance? Did you trip on something? Did you go dizzy? Did you blackout?
- Where it happened – is there a trip hazard you could remove? Have you fallen in this place before? If so, why could this be?

Often, rather than one specific reason, there may be a number of underlying risk factors which have played a part, many of which can be reduced by following some simple advice.

These issues may include:

- Muscle weakness
- Poor balance
- Dizziness
- Environmental hazards
- Vision and hearing problems
- Foot pain, deformity or numbness
- Badly fitting or unsupportive footwear
- Memory loss or confusion
- Poor nutrition
- Medications
- Bladder and bowel conditions
- Alcohol consumption
- Incontinence

Falling can have an impact on your confidence which may then lead to a vicious cycle of reduced activity and a further increase in falls risk.

Taking a pro-active approach, even if you haven't had a fall, will help you take control of the situation and allow you to remain active and independent for longer with an increased quality of life in the long term.

Useful links on falls and how to prevent them:

[Stay Stronger for Longer: A Peterborough guide to staying steady and doing the things you enjoy](#)

Stay Stronger for Longer: A Cambridgeshire guide to staying steady and doing the things you enjoy

NHS Falls Prevention

RoSPA Home Safety Videos

Blackouts

Blackouts can be difficult to identify, particularly if they are brief, but they should be suspected if you cannot recall the fall and / or have injuries to your face, as this suggests you did not put your hands out to save yourself.

Blackouts are very common and happen more often as we age. Common causes include:

- A drop in blood pressure when changing position (e.g. standing up from a chair)
- Heart disorders
- Anxiety / panic attacks / stress

If you think you may have had a blackout, it is important that you inform your GP so the cause can be investigated.

Further Information

[NHS information on fainting](#)

Dizziness

It can occur for many reasons, e.g:

- A drop in blood pressure when changing position (e.g. standing up from a chair)
- If you feel dizzy when you first stand up, change position slowly and exercise your arms and legs before getting up
- Sit back down again if you feel dizzy and wait until it passes
- Stand still or walk on the spot when you first get up and don't rush

Dehydration

- Make sure you drink plenty of fluids during the day (6-8 cups per day, about 1.5-2 litres)
- Drink regularly throughout the day
- Reduce caffeine and alcohol intake

Inner ear disorders / vertigo

- If you feel like the world is moving or spinning, or your dizziness is associated with nausea, vomiting, visual changes or hearing disturbances contact your GP surgery for further advice
- Ensure you have had a hearing assessment recently

Medications

- Discuss your symptoms with a community pharmacist if you are taking medication, particularly medication related to blood pressure

Medical conditions (e.g. diabetes, COPD)

- Consider whether your condition is well managed and discuss with a health professional if you need further advice

Anxiety

- Try some relaxation techniques such as mindfulness or deep breathing
- Discuss with your GP if severe

[NHS information on dizziness](#)

Medication

It is important to have your medications reviewed regularly by your GP or pharmacist so they can keep an eye on any side effects and alter dosage if necessary. This is particularly important as we age as our sensitivity can increase and dosages need to be adjusted accordingly.

Make sure you are taking your medications as prescribed by your GP. There may be specific instructions such as taking them at a certain time of day or on an empty stomach etc., that are important to the effectiveness. Check with your pharmacist if you plan on drinking alcohol or taking over the counter medication as these can have an effect on other medications you are taking.

[Help from a Pharmacist](#)

Environment

Often this is because of hazards within the home or difficulty with daily activities such as getting in / out of bed, on / off a chair or toilet, or in / out of the bath may also cause falls.

Falls prevention in and around the home is often described as 'common sense', however, it isn't always easy to recognise the things that can cause trips, slips and falls. Use our home safety section to help you identify and remove hazards within your home.

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[View Home Safety](#)

Movement and Exercise

Between the ages of 50 and 70 we lose about 30% of our muscle strength and, as we age, our balance reaction times get slower which makes it harder to stay steady, especially if we are doing something quickly. Without physical activity, it is also difficult to maintain strong bones.

There is strong evidence that strength and balance exercise programmes are effective in preventing falls, regardless of age. Specific exercise classes designed for older people are particularly beneficial as they aim to improve balance and strength not just to reduce risk of falls but to make it easier doing everyday tasks such as using stairs, getting out of a chair and even getting onto the floor. They can help you stay stronger for longer and continue to do the things you love.

If you live in Cambridgeshire, [click here](#) to find out more about the free Falls Management Exercise (FaME) programme and local strength and balance exercise classes

[Click here for strength and balance exercise classes in Cambridgeshire](#)

If you live in Peterborough, [click here](#):

[Click here for strength and balance exercise classes in Peterborough](#)

Generally speaking, physical activity is any movement that results in a small increase in your heart rate and breathing. If you are new to exercise, begin slowly and gradually build up to the recommended amount:

- Physical activity on most days adding up to 150mins moderate intensity exercise each week (e.g. walking, swimming, cycling)
- Strengthening exercises 2-3 times per week (e.g. gym, carrying heavy bags)
- Challenging balance activities 2-3 times per week (e.g. Re-Ffit and Pre-Ffit strength and balance classes, tai chi, bowls, dancing)

Something is better than nothing, even if it is just breaking up long periods of sitting with regular walks around the house or doing some exercises in your chair. Please note that chair based exercises, while beneficial for many other things, DO NOT prevent falls - exercises must challenge your balance if they are to be effective.

If you are already reasonably active, you still need to ensure your strength, balance and bone health is at its best. Tai Chi and any form of dancing are great activities to help your bones, muscles and balance.

Exercising is safe and beneficial for the majority of people, but, if you experience chest pain or feel faint while exercising you should stop exercising immediately and contact your doctor.

If you need help or advice about the best activities for you, speak to a physiotherapist or the Healthy You – Healthy Lifestyles Service

Remember – Keeping active is vital. If you feel unsteady and a walking aid helps you feel steady and keep active, this it is your ticket to freedom.

Using a walking aid is not ‘giving up’, it is a way of enabling you to maintain fitness including strength, balance and stamina. All of which support independence.

Further Information

For further information regarding community exercise opportunities for older people:

How Are You Cambridgeshire and Peterborough?: Local Activities that are good for wellbeing

Healthy You: Find a local physical activity that suits your needs

Vision

You may not notice that your vision is changing but, as we age we become less able to adapt to changes in light and darkness, to tell colours apart and to accurately see depth and distance. This can cause problems with bifocals / varifocals, even if they have been worn for years so if you do wear this kind of lens, take care on steps, stairs and patterned or uneven surfaces.

The older we get, the more common eye conditions such as cataracts, glaucoma and macular degeneration become but, with 70% of visual problems being correctable, it is extremely important to ensure that you have regular eye tests. Remember that eye tests are free if you are 60 or over and many opticians can visit you at home if you are unable to go out and about.

Further information can be found here:

[Age UK eye health](#)

[Find an optician offering NHS Sight Tests](#)

[Royal national institute of blind people](#)

Memory

This may just be a gradual deterioration associated with ageing but can also be associated with stress, poor sleep, infection, certain medications, dementia and excessive consumption or withdrawal from drugs or alcohol.

There is good evidence that there are things you can do to reduce your risk of dementia as you get older. This includes adopting a healthy lifestyle:

- eat a balanced diet,
- maintain a healthy weight,
- be physically active,
- stop smoking,
- and drink alcohol within recommended limits.

It also includes staying mentally and socially active, getting your hearing tested, and treating depression.

If your memory issues are minor, you may find that keeping your brain active with puzzles and games or using visual prompts and lists as reminders can help. If memory problems are severe they can impair judgement, reasoning and insight which can then result in risk taking behaviour which may lead to falls. The ability to recognise and interpret sight, sound and touch may also be affected which can lead to communication and movement difficulties. If you or your friends and family have noticed a change in your memory or behaviour, it is important that you discuss this with your GP or other health professional.

For further information follow the links below:

[How Are You Cambridgeshire and Peterborough?: Local Activities that are good for wellbeing](#)

[Healthy You: Information and support to make lifestyle changes](#)

[NHS Health Checks: Spot early signs of some health conditions](#)

[NHS memory loss](#)

[NHS Dementia prevention](#)

Alzheimer's Society how to reduce your risk

Age UK Dementia

Nutrition and Hydration

It is important to speak to your GP if you are losing weight for an unknown reason as it could be a sign of an underlying medical condition.

Poor nutrition can result in a weakened immune system, difficulties absorbing medication, impaired wound healing and a reduction in muscle and bone strength which may then lead to an increase in falls. Even if your weight is normal, if you are eating a limited range of foods, you could still be malnourished.

Good hydration is equally as important as water makes up two thirds of our body and is vital to help digestion and flush out toxins. Being dehydrated can cause headaches, confusion, dizziness, constipation, urine infections, etc. which may all increase the risk of falls.

Signs that you are not drinking enough can include feeling thirsty, headaches, tiredness, dry mouth / lips, confusion, dark / smelly urine, constipation.

If you are unsure if you are eating a balanced diet or drinking enough fluid, try keeping a food / drink diary and comparing it to the guidelines below. There are many reasons that your diet may be poor such as small appetite, swallowing difficulties, difficulty sourcing or preparing food, illness and problems with dental health.

If you have difficulty shopping or preparing food, speak to family / friends who may be able to help or consider a meal or shopping delivery service. Contact social services if you are having particular difficulties preparing meals and other daily activities as they may be able to help.

Ensure your teeth or dentures are in good condition to help you eat and drink well.

If you are having problems with swallowing or choking on food please speak to your GP.

Try to eat a varied, balanced diet and maintain good hydration by eating / drinking:

- 2-3 portions of high protein foods every day such as meat, fish, eggs, nuts, beans, pulses, soya, tofu and other meat-free protein foods
- 2-3 portions of dairy foods every day such as cheese, milk and yoghurt or non-dairy alternatives like soya, almond or coconut milk
- 1 serving of starchy food at each meal (e.g. bread, cereals, potatoes, pasta or rice)
- Some fruit and vegetables every day (fresh, frozen, tinned, dried or juiced)
- If you enjoy fish, go for oily fish such as mackerel, salmon, herring, trout, pilchards or sardines as these are rich in omega-3 fatty acids. Aim for 2 portions a week
- At least 6-8 glasses/mugs of fluid every day (1.5-2 litres) - keep caffeine intake low as this can worsen dehydration
- Reduce alcohol intake
- If you have diabetes please consult your GP, nurse or dietician before making any changes

Further information:

[NHS Eat well](#)

[Age UK Eating Healthy](#)

[British Dietetics Association - Older Adult food facts](#)

[Cambridgeshire County Council - Help with Meals](#)

[Peterborough City Council - Help with Meals](#)

[The Healthy You service - information and support to eat well](#)

Bone Health

Osteoporosis is a condition which causes reduced bone density and increases susceptibility to fracture (breaking a bone). It is more common in women due to bone loss occurring more rapidly after menopause. The likelihood of having osteoporosis increases if you:

- Have ever broken a bone following a minor bump or fall (over the age of 50)
- Have a low BMI
- Have a family history of osteoporosis or hip fracture
- Are a current smoker or drink more than 3 units of alcohol per day
- Have taken oral corticosteroids (e.g. Prednisolone) for more than 3 months
- Have a diagnosis of Rheumatoid Arthritis
- Have Type I diabetes, untreated hyperthyroidism, chronic malnutrition/ malabsorption, chronic liver disease
- Have gone through a premature menopause (<45 years) without taking HRT

If you have broken a bone after a minor bump or fall and haven't discussed your bone health with another professional, it is important to see your GP so your bone health can be assessed. Diet and lifestyle changes can help to keep your bones as strong as possible, regardless of whether you have osteoporosis or not:

- Stop smoking as this can damage the bone building cells in your body
- Keep your alcohol intake low — excessive alcohol can destroy bones and make you unsteady
- Try to take some sort of weight bearing exercise
 - If you have not broken a bone before, exercise which encourages moderate impact as jogging, jumping, stamping would be beneficial.
 - If you have had a previous fracture or are diagnosed with osteoporosis, The Royal Osteoporosis Society can guide you as to which exercises may be suitable for you. Alternatively speak to your physiotherapist
- Ensure your Vitamin D intake is sufficient. The best source is sunlight acting on skin or a daily supplement. Sunlight exposure without sunscreen should be limited to 10 minutes per day on the arms and face between May and September, All adults are recommended to take a daily 10 microgram Vitamin D supplement (sometimes called 400 Units), particularly over the winter months (October to March) or if you do not go outdoors. These are available in supermarkets or pharmacies.
- Ensure you include plenty of calcium in your diet (1000mg a day)

For further information:

[The Royal Osteoporosis Society](#)

[Royal Osteoporosis Society: Take the osteoporosis risk checker](#)

[Royal Osteoporosis Society: Exercise and physical activity for bone health](#)

[Royal Osteoporosis Society: Nutrition for bones](#)

Feet

Trimming your toenails using a long handled file after bathing, when they are softer, can make them easier to manage independently.

If you struggle or you have foot problems that you cannot manage yourself, a podiatrist or chiropodist can help. This is especially important if you have diabetes.

Try to wear footwear that protects and supports your feet with non-slip soles that are not too thick. Avoid high heels or backless footwear as they are more likely to cause you to trip.

For further information:

[Feet Focus Community Footcare service for low-cost foot care](#)

[NHS Find a podiatrist](#)

Bladder / Bowel

There are a number of bladder and bowel problems which can increase falls risk. These include:

- Strong urge to urinate
- Urine infections
- Passing urine more than 10 times in 24hrs
- Having to go to the toilet more than twice nightly
- Constipation - having hard bowel movements less than 3 times a week
- Diarrhoea - loose watery faeces that need to be passed urgently
- Difficulty accessing toilet

These issues can be exacerbated by poor hydration and high caffeine and / or alcohol intake.

You can help to keep your bladder and bowel healthy by drinking 6 to 8 cups of fluid per day and minimising any drinks containing caffeine or alcohol.

Eating a balanced diet with plenty of fibre e.g. wholegrain bread, cereals, peas and beans and fruit and veg, can help to ease constipation.

If you find it difficult getting to the toilet at night, a commode or urinal may be helpful. Speak to your GP about a continence assessment if you are having on-going issues and require further support.

Further Information

[Pelvic floor exercises](#)

[Safe and Well Cambridgeshire: Equipment to help with everyday tasks](#)

Fear of Falling

The more worried you become, the less likely you are to keep active which, in turn, makes you more likely to fall again. You may find that you are more careful with your walking, start to slow down your pace or you begin to leave the house left often. These are very common behaviours and it may mean you've lost some of your confidence when getting around. It is important to remember that there are lots of things that you can do to reduce your risk of falling and improve your confidence. Working through the self-assessment tool on this website is a great start.

Having a falls plan in place can help to reduce anxiety and will reduce the likelihood of being on the floor for a long time.

If you are hurt or unable to get up:

- Summon help by using your pendant alarm, calling out, crawling to a telephone or banging on a wall
- Make sure there are blankets in each room so that you can keep warm
- Move to a softer surface if you are able
- Change position regularly if you are able

If you are unhurt and feel you can get up:

- Roll over onto your hands and knees
- Crawl to a stable piece of furniture such as an armchair and use this to assist you with getting up
- Turn and sit on a chair or bed and rest for a while

If you are worried about falling when you are alone at home, you might want to get a pendant alarm to enable you to call for help even if you can't reach the telephone.

There are also telecare sensors available such as falls detectors for people who would not be able to press a pendant alarm.

Remember

- If you have had a fall, try not to worry about it too much. There are plenty of things you can do to minimise your risk of it happening again
- If your worries are not going away, try talking to someone about it
- Set yourself small goals to build back up to your usual activities – e.g. walk for a short distance first
- Think about all the times you haven't fallen and try to maintain your usual levels of activity

Complete a self-assessment and develop an action plan

For more information:

[Healthy You Falls Management Exercise \(FaME\) programme](#)

[CPFT Psychological Wellbeing Service](#)

[Cambridgeshire County Council Community alarms \(Lifeline\)](#)

[Peterborough City Council Lifelines](#)

Sleep and Falls

What I can do:

- Limit your daytime sleep
- Be as active as you can during the day
- Have a set bedtime routine
- Milky drinks before bedtime may help
- Tea and coffee later in the day are likely to keep you awake. Try switching to decaffeinated versions of your favourite drinks
- Play music you enjoy or that is especially good for relaxation before going to bed
- Try not to worry about the things you cannot change

It is important to sleep in bed whenever possible as it helps to improve circulation, to reduce swelling in limbs, and ensures all muscles in the body are in a relaxed state.

Sleeping pills are a common risk factor for falls, especially if you find yourself falling in the night or in the morning. If you are on regular sleeping pills, you may wish to speak to your GP about this.

Fatigue and boredom can also affect how alert we feel, which can increase falls risk. Keep to a good routine and try to keep your mind active by doing crosswords, reading the paper etc. Avoid sleeping for too long during the day, and pace yourself to manage fatigue.

Rolling out of bed

If you are rolling out of bed as you are asleep consider;

- Changing the side of bed you sleep on, or sleep more centrally in the bed.
- Review night time sedatives (sleeping tablets) as this could contribute to this.
- Place a small towel under the edge of the fitted sheet to create a small barrier to alert you to being near the edge of the bed.
- Elevate the edge of the mattress

If you are falling from the bed when you are trying to get in or out, consider:

- Adapting the height of the bed- if it is too low it is easy to get in but hard to get out off
- If the bed is too high- it will be hard to get in, and you may 'slide' out. Remove casters, or invest in a shallower mattress
- The sheets are too slippery.
- The edge of the mattress is too soft.

Bed handles to assist with bed transfer, for this speak to Occupational therapy or other health professionals for advice.

Home Safety



Home Safety

Living Room / Lounge

Do you have casters under chairs which makes them likely to slide as you get up?

Casters make furniture easier to move but can cause a problem if they slide back just as you are getting up. Either remove the casters or fit cup shaped carpet savers underneath.

Can you get in and out of your chair safely?

If your chair is too high or too low it may need adjusting to make it easier to get in and out of.

Do you have other chairs in your house which are a better height for you?

Get someone to swap them over for you.

Do you have to lean or stretch to open windows or curtains because furniture is in the way?

Ask someone to help you re-arrange the furniture so that your windows are more accessible.

Kitchen

Is there a risk of falling on wet flooring especially near the sink and washing machine?

Non-slip mats, a fitted carpet or carpet tiles could be used. Wet floor areas should be mopped as soon as possible.

Is everything within easy reach without stretching or climbing on chairs/stools etc?

Stretching and reaching above head height can make you feel dizzy and there is a temptation to climb up on chairs to reach something. Things, which are used regularly, should be on the 'easy to reach shelves'.

If steps have to be used, are they secure with a handrail and system to keep the legs locked?

Never use a chair or a stool to stand on. Properly designed steps can be used in reasonable safety if you are fit enough. They must be designed with an effective handrail and with an easily applied lock for the legs. If possible, ask someone else to help.

Do you struggle to carry items from the kitchen to dining area?

You might benefit from a kitchen trolley. Trolleys are not recommended as a walking aid, they are to carry items from one place to another. If you are unsteady on your feet you will need an assessment to see if a trolley is safe for you to use.

Bedroom

Do you feel safe getting in and out of bed?

Consider if your bedding / clothing is increasing the risk of slipping from the bed. Consider if your mattress is too soft and not providing support, or your bed is too high or too low.

Is there a light that can be turned on and off from the bed?

Fit a pull cord for the main light within reach of the bed. A bedside lamp is an alternative though may be a fire hazard if it is permanently plugged in. A battery powered push light fitted next to the bed is a good solution.

Is there a telephone next to your bed?

It is useful to have a telephone in your bedroom. Ensure your pendant alarm, if you have one, is within reach when you are in bed. DO NOT leave mobile phones charging overnight - Fire Risk

Bathroom

Is there a risk of falling on wet vinyl or tiled flooring?

Non-slip mats, a fitted carpet or carpet tiles could be used. Wet floor areas should be mopped as soon as possible.

Can you access the bath and/or shower safely?

Non-slip rubberised mats are readily available. A grab rail may improve your safety / confidence. If you are unable to bathe safely, you may benefit from further assessment.

Can you get on and off the toilet safely?

A grab rail may be helpful instead of using a radiator or any other bathroom fittings for support. A handy person would be able to install one.

Stairs and getting about the house

Are staircases and landings well lit?

Routes should be kept illuminated when they are in use and ensure that light switches are easily reached.

Is there a two way light switch present (e.g. a switch at both the top and bottom of stairs)?

Have an electrician fit a two way lightswitch. Consider the local council 'handy person scheme'.

Do you feel stable when going up and down the stairs?

It is essential to have a handrail, even on small flights of stairs. Additional ones can be fitted by the local handy person scheme. Consider minimising journeys up and down the stairs.

When you walk through a room, do you have to walk around furniture?

Consider moving things so that your path is clear. Ask someone to help if needed and always use your walking aid as instructed.

Are there papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?

Pick up things that are on the floor and always keep objects off the floor. A 'helping hand' may reduce stooping / overreaching.

Do you have to walk over or around cords or wires (e.g. cords and wires from lamps, extension cords or telephone cords)?

Coil or tape cords and wires next to the wall so they are not a tripping hazard. If possible, have an electrician put in another socket. Consider a fire home safety check from the local fire brigade who can provide advice and supply / fit smoke alarms if required.

Do you have a letterbox cage to avoid stooping to pick up your letters?

These are quite easy to fit, and apart from saving you from stooping, will also stop papers

being spread across the floor just inside the doorway which could make you slip. (Available at DIY stores and the handy person scheme can fit)

Do you have loose rugs or runners on the floor?

Remove the rugs and runners or use non slip matting beneath the rugs to prevent them from slipping.

If you fall do you have a system for calling assistance?

A personal alarm pendant is a good way of doing this, and there are a number of schemes available.

Are the carpets in good condition and not frayed?

Worn carpets are a major cause of serious falls and should be replaced or secured.

Garden and getting in and out of the house

Are paths clear of leaves and overgrown plants?

Keeping your garden tidy and free of obstacles will make it safer.

Are your paving stones free of moss and algae?

Moss and algae can become slippery when wet; prune over hanging plants and branches to improve light and air circulation. You can buy products to remove algae or ask someone to remove it with a pressure washer.

Do you have any uneven or broken paving slabs?

Ask someone to replace or straighten them up.

Are your flower/vegetable beds at ground level (rather than in containers or raised beds)?

Try not to spend too long in one position and take care when standing up from a bent over position.

Try to alternate activities between seated ones and standing ones.

Consider container gardening or raised beds.

Do you have high step(s) to get in and out of the property?

You may benefit from an additional step and / or grab rails.

Remember to use your walking aid (if you use one) outdoors as well.

Sensory Support

Do you have adequate lighting in your home?

Ensure that you have the correct level of lighting in your home. If you need brighter lighting fluorescent bulbs are brighter and cost less to use.

Are the lighting levels in your home consistent?

It is safest to have similar lighting in each room. Add lighting to dark areas and you can hang lightweight curtains or shades to reduce glare.

Is the path from your bed to the bathroom dark?

Put in a night light so that you can see where you are walking. Night lights are low energy lights which plug into a mains socket. A dusk to dawn light will switch on and off automatically.

Do you have regular eye checks?

Have your eyes checked by an optician at least once a year and update your glasses. Opticians can visit you at home if you are unable to get out.

Fire Safety

Do you have working smoke alarms in the correct positions in your home and are you aware of the fire risks within your home?

Consider a Fire Home Safety Check from the Cambridgeshire Fire and Rescue.

Staying Active



Exercise

**STEADY ON
YOUR FEET**

www.steadyonyourfeet.org