



Falls prevention

An information guide for patients

If you have an incurable illness or are receiving palliative care, the risk of falling might be higher than normal.



Tips on avoiding falls

Regular physical activity will help you maintain strength, flexibility and energy levels so you can carry on doing the things you enjoy and stay independent.

If you need help moving about or don't usually do any exercise, doing any amount of activity is better than nothing.

Find out more about activities we regularly run or if our physiotherapists can help you, ring 01785 270832 or visit our website for more information.

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At home

- Organise your home so that climbing, stretching and bending are kept to a minimum.
- Remove clutter, frayed carpet and trailing wires.
- Use non-slip mats and rugs.
- Use high wattage light bulbs.
- Mop up spillages straightaway.



You and your care

- Find out about any medical side effects.
- Get help to do things.
- Stand up slowly.
- Don't wear clothes that may trip you up.
- Wear well-fitting shoes that support the ankle.
- Take care of your feet and see a GP or chiropodist for any foot problems.
- Have your eyes and hearing tested and wear glasses and hearing aids as required.
- Make sure you get enough sleep.

If you are having trouble sleeping, ask about our Fatigue, Anxiety & Breathlessness (FAB) course or our complementary therapies - all of which can help.

What to do after a fall

Don't get up quickly. Roll onto your hands and knees and use nearby furniture to support yourself and then slowly get up.

If you fall, try not to panic; it is likely that you will feel shocked and a bit shaken.

Find out more about how to prevent falls and what to do after a fall on our website

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