



# Helping you if you fall

As we get older, the risk of falling at your home increases. Slips, trips or stumbles can result in a fall injury with the most common being hip or wrist fractures, head injuries or cuts.

It is important to recognise that falls are not a normal part of ageing, and you can reduce your risk of falling.

## Common reasons for falls

- Lack of balance
- General weakness
- Poor vision
- Health conditions and disease progression
- Foot pain or bad footwear
- Hazards around the home

## Falls around the home

Falls are more likely to occur in your home when you have:

- Wet floors
- Poor lighting
- Uneven rugs, carpets or surfaces
- Items out of reach
- Unsafe footwear
- Uneven surfaces
- Limited time, making you rush
- Pets near your feet

## Reduce your risk of a fall

- Visiting your GP and having your blood pressure and ears checked for balance, as well as reviewing any medication which may increase your risk of falling
- Taking your time and slowly standing or sitting up from your bed or a chair
- Removing hazards and use aids, such as non-slip bathmats, around the home
- Improving your vision with regular eye checks
- Visiting a podiatrist to review your feet and footwear
- Building and maintaining your balance and improve your strength with regular exercise like walking, yoga, standing on one leg and other balance exercises
- Giving your body what it needs by eating a nutritionally balanced diet

We all need a helping hand as we age.

In line with your approved care needs, our caring hands can help you if you fall, and help you prepare your health and wellbeing so any risk to you is minimised.

Reach out and talk to our team today.

53 Bickley Crescent, Manning WA 6152  
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# Have a plan in case you fall at home

## Do I...

- know how to get safely from the floor?
- have a phone close by?
- have a pendant alarm that I can activate?
- have people who check in with me regularly?
- have the details to call a friend, neighbour, or family member?
- know my medications and a record of my medical/surgical history in case I need to go to hospital?
- have an overnight bag packed that I can access quickly for any unexpected hospital visits?
- have a basic first aid kit which is easy to access and in date?

## Fall proof your home

- Add support aids like handrails or ramps, add grab bars and non slip mats in shower or next to toilet
- Have good lighting in all rooms and well illuminated with motion sensors, touch lamps or a light on at night
- Declutter so there are clear ways to get around
- Remove any rugs or use non-slip grips underneath
- Ensure any spills are cleaned up quickly
- Use a bathmat in the bathroom so the floor doesn't get wet
- Wear supportive shoes and avoid being barefoot, especially after showering
- Keep all essential items in easy reach

## Ask for help if you need it

If you have any mobility concerns talk to a health professional, like your GP, physiotherapist or occupational therapist. They will evaluate your risk and discuss strategies to help you improve your balance and strength.

Home Care Packages can cover allied health services, like a physiotherapist designing an exercise plan to reduce your risk of falls, or an occupational therapist coming in to assess your home's safety.

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