

What Should You Do If You Do Fall?

1. **Get help and try not to panic.**
Try to attract attention by banging on the floor or wall. Alternatively, call 999 or press your pendent alarm. These are available from your Public Health Nurse or local Community Garda.
2. **If you are not hurt try to get up.**
A lot of the problems that people experience after a fall arise from lying on the ground for too long and getting cold. Use a piece of sturdy furniture and try to pull yourself up.
3. **Keep warm.** If you are unable to get up, cover yourself with a coat or anything that is to hand. It may be a good idea to keep throws on the back of a couch that will be accessible from the floor in case of a fall. Also move your arms and legs to maintain blood flow.

In Case of Emergency

- Keep these useful contact numbers near your phone in large print

DOCTOR:

OUT OF HOURS:

HOSPITAL:

AMBULANCE:

NEIGHBOUR:

GARDA STATION:

If you have fallen, even a minor fall, please contact your GP for a check up. Also eat regular hot meals and drink plenty of fluids. This will keep you warm and will give you energy to keep active.

EASY CHANGES THAT COULD HELP TO PREVENT YOUR FALL



North Tipperary Network 9 Primary
Care Teams

Tel. 067 46454



Nenagh Hospital

AS YOU GET OLDER, A FALL CAN RESULT IN BROKEN BONES, LOSS OF CONFIDENCE REDUCED MOBILITY AND A FEAR OF LEAVING THE HOUSE. AS MANY FALLS CAN BE PREVENTED, HERE ARE SOME CHANGES YOU CAN MAKE TO LOWER THE RISK OF FALLING.

Keep active and Exercise

- Exercising can keep you fit and healthy. Regular exercise will also help to improve you balance and coordination.
- Many conditions such as heart disease, high blood pressure, arthritis and diabetes can improve with activity.
- Ask your doctor or physiotherapist if you are unsure what activities are best suited for you.

Medication Review

- As you get older your medicines may change. Some medicines or combination of medicines can cause you to feel dizzy, light headed or faint which could lead you to fall. Your GP should review your medicines on a regular basis. Contact your GP if you feel you need to have them reviewed.

Have your vision checked

- As you age your vision will change. Poor vision can lead to an increase in the risk of you falling. Make sure that you get your

eyes checked on a regular basis and if you need glasses ensure that you use them.

Clothing and footwear

- Wear appropriately fitting shoes that do not slide off when walking, and support your foot. Velcro or strap tied shoes may reduce the risk of a trip.
- Be careful of long clothes such as floor length coats or dressing gowns as you may trip on these.

Preventing a fall-Room by Room

Floors

- Arrange furniture so that you have clear walk ways through rooms and corridors.
- Remove rugs or use non slip tape so that rugs will not slip. Be very careful of deep pile rugs as these can create a lip that you may trip on.
- Make sure wires from the telephone, lamps etc. do not trail where you walk.

Bathroom

- Use non slip mats in the shower/bath.
- Fix grab rails next to toilet, shower and bath. A seat can also be used in the shower if needed.

Kitchen

- Keep items that are used regularly in easy reach. If you do need to reach onto a high shelf, use a steady stepping stool and not a chair.

Bedroom

- Have a lamp next to your bed within easy reach.
- Ensure that there is a light between the bedroom and bathroom.
- Have a phone in your bedroom.

Stairs and Steps

- Fix broken or uneven steps.
- Do not block steps with shoes, books etc.
- Make sure all steps/stairs are well lit and that there is a switch at the top and at the bottom.
- If possible have hand rails on both sides that reach to the top of the stairs.
- If you are carrying something, make sure that you have one hand free to take hold of the rail. Never go up or down stairs with both hands full. Make two trips if required.