



SLIPS, TRIPS AND FALLS Information Leaflet

Growing older should be fun. A chance to enjoy the spare time now available to you, to take part in activities with your grandchildren, or just to catch up on all those things you've always wanted to do. Don't let a fall ruin things!

WHY DO PEOPLE FALL?

A number of factors can contribute to a fall. However, the main reasons are muscle weakness and a reduced sense of balance. This is why falls among older people are more common. Some other risk factors are listed below.

Risk Factors

Factors that may increase the risk of falling include:

- Problems with walking or balance;
- Certain types of medicines, such as sleeping pills, or taking more than four different medicines;
- Clutter, trailing wires and loose mats;
- Weak legs, arthritis, foot problems;
- A previous fall;
- Poor footwear;
- A stroke in the past;
- Poor eyesight and hearing;
- Low confidence;
- Alcohol;
- Dementia;



FALLS PREVENTION

Many falls happen during normal day to day activities at home.

- Take advantage of free over 60's eye tests to update your prescription and keep your glasses clean.
- Keep fit - physical activity improves balance and muscle strength.
- Switch on the bedside light to get up at night.
- Beware of furniture on castors and always arrange it so that walkways are not restricted.
- A suitable walking stick may boost your confidence.
- Don't leave anything on the landing or stairs that you could trip over.
- Have rails installed on both sides of the stairs and by your bath and toilet.
- Remove rugs and avoid having cables and slippery things, such as magazines, in walkways.

If you want more information to help you reduce the chance of a fall, contact the Sure Feet Co-ordinators on

08450 549822 for Wrexham
08450 549969 for Flintshire