



Developmental Neurosciences and Learning Disabilities Directorate

Mytton Oak
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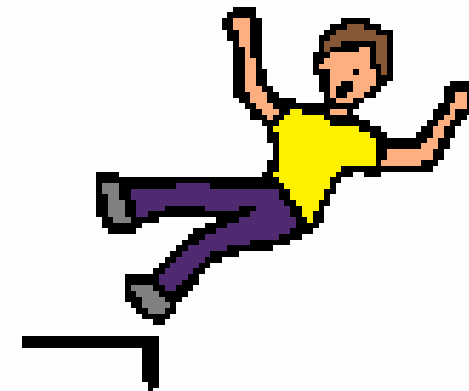
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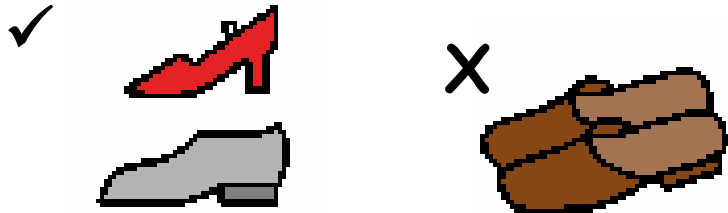
DNLDD/047 Review April 2008

Don't Fall!

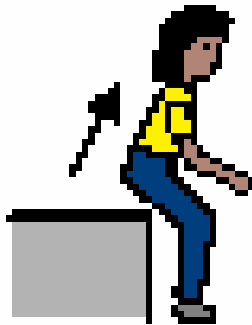
Tips for you



Wear shoes, not slippers



When you stand up, don't rush



**Put your hands on a surface.
Put one foot flat on the floor**



Lean forward and stand

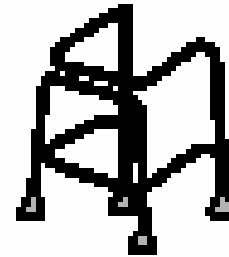


Sit and rest, then tell someone you have fallen

Try to



Roll onto your side and sit up



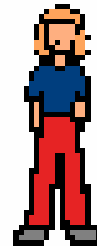
Use a stick or frame if needed



When you walk, don't rush

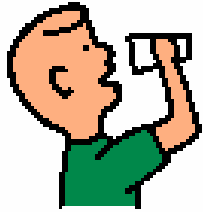


Turn onto your knees and crawl to the nearest furniture

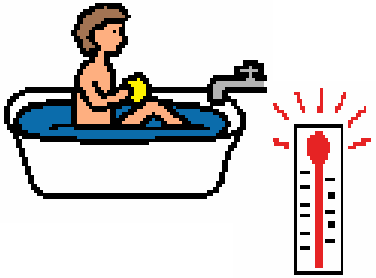


Do not stand on stools or other objects

More Tips!



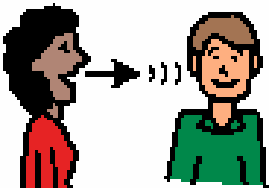
Drink plenty-
especially on hot
days



Don't have your
bath too hot



Have your eyes
checked
regularly



If you fall, tell a
doctor or a friend

If you fall



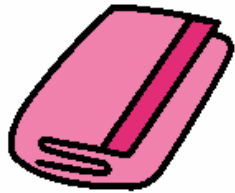
Rest

Are you hurt?

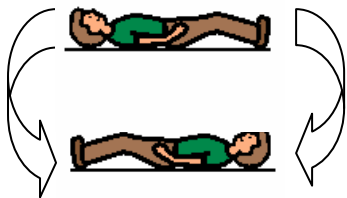


NO

Try to



Cover yourself to keep warm

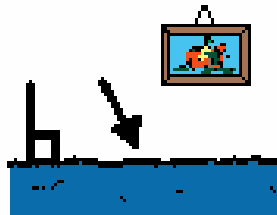


Keep changing positions



If the floor gets wet, move away from the damp area

Carers - deal quickly with



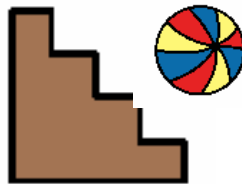
Loose carpets



Spills

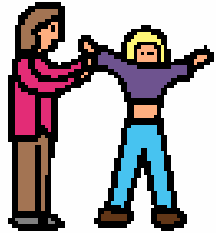


Cables lying

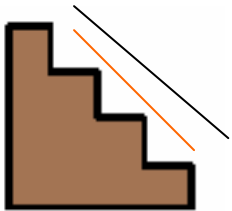


Things on the floor or on the stairs

To make the home safer.....



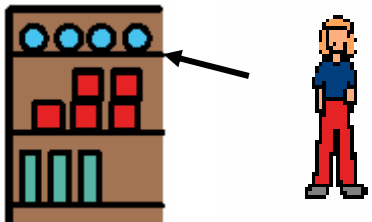
Ask an Occupational Therapist for advice on aids or adaptations



Install a second banister



Make sure bath mats and rails are used



Do not store everyday objects above head height

If you fall



Rest

Are you hurt?



YES

You could



Bang on the wall



Call for help