Developmental Neurosciences and Learning Disabilities Directorate

Mytton Oak
Royal Shrewsbury Hospital (North)
Shrewsbury
SY3 8XQ

01743 261181

Don't Fall!
Tips for you

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Wear shoes, not slippers

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

When you stand up, don't rush

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

Turn onto your knees and crawl to the nearest furniture

When you walk, don’t rush

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