

Pickering & Ferens Falls Prevention Top Tips



From Awareness to Action

At Pickering & Ferens we are aware that anyone can have a fall, either at home or when they're out and about. But statistically, older people are more vulnerable and likely to fall, especially if they have a long-term health condition.

Falls can take a serious toll on people's quality of life. Fortunately, with the right precautions and lifestyle changes, our ageing population can avoid falls and continue to live an active, healthy life.

Each September in the UK there is Falls Prevention Week, which serves as a great time to highlight the top tips available in this brochure. At Pickering & Ferens we are passionate about ensuring you have all the information you need to stay safe at home.

Around 1 in 3 adults over 65 and half of people over 80 will have at least one fall a year.



Be Steady! Be Strong!



We are holding many events and activities to help you remain fit and healthy – limiting the chance of a fall. Take a look and see what activities you can take part in:

Exercise to Music/Pilates

Provided by Janine Badger

Thursday
Broadway Pavillion
10:30 – 11:30

Free
No booking needed



Exercise to Music Seated or Standing

Provided by Sandra Thompson

Tuesday
Jean Bishop
14:30- 15:30

£3 a session
No booking needed



Tai Chi

Provided by Steve Moore

Mon 4th Sept
Christopher Pickering
Lodge
10:30 – 11:30

1st session free, then
£3 a session thereafter

8
week
session



Line Dancing

Monday
Broadway Pavillion
12:00 – 13:00

Free
No booking needed



Fall - Proof Your Future! Fall Prevention Tips

It is important to understand how we can prevent a fall, as well as knowing what to do once one happens. We recommend you follow these 6 steps to prevent falls, both inside and outside of your home.

1

Make sure you are regularly physically active.

Try and include balance and strength exercises into your weekly routine such as Yoga, Pilates, Tai Chi or go for a walk.



2

Get enough sleep.

Making sure that you are well rested limits your likelihood of falling.



3

Stand up slowly.

Getting up too quickly can cause your blood pressure to drop which can make you feel dizzy.



4

Take extra care on wet or slippery surfaces.

Whether this be when you get out of the bath or during the winter months. You may need to hold on to extra surfaces to help you balance or ensure you are wearing sensible shoes.



5

Remove home hazards.

Make sure your floor space is clean and tidy and free from things which may trip you up.



6

Good Lighting

Make sure that there's enough light to be able to navigate your way easily. This is especially important near external doors and staircases.



By following these tips, you can help yourself remain safe and avoid nasty falls both inside and outside of the home. **Remember to take your time.**

Stay Safe at Home



We've spoke a lot about how to prevent falls, but if one should happen, it is also important to know how to handle it and what steps you need to take.

1 First pull your lifeline, then contact Hull FIRST team (Falls Intervention Response Support Team), 999 or 111 who will triage you to the falls service to assist with getting you up.

2 Stay calm – control your breathing and gather your thoughts as much as possible.



3 Keep warm – see if someone can get you a jacket or a blanket.

4 Get comfortable – sometimes it may be a little while before help arrives, so try and make yourself as comfortable as possible, whilst being as safe as you can. Pillows are a good way to cushion your head or talking to friends and family may calm us.

5 If you can get up safely, take it slowly and roll onto your hands and knees. Find a solid surface and lean on it to push you up.

Our main priority is that you are safe and well, and understand what you can do to prevent falls, but also what to do if one should occur. If you need additional help or support, then you can contact us on

 **01482 223 783**

 **www.pfh.org.uk**

Falls Team

 **01482 324 644**



Recycle Your Care Equipment



Do you have small items of community care equipment you are no longer using?

If you have equipment such as crutches, walking sticks, walking frame, toilet frames and rollators which you no longer need, and have an NRS sticker, you can recycle them by taking them to either:



Wiltshire Road HWRC
11 Dairycoates Industrial Estate
Wiltshire Road, Hull, HU4 6PA

NRS Healthcare Reed Street
11 Reed Street,
Hull, HU4 6PA



For more details of opening times please visit
www.hull.gov.uk

