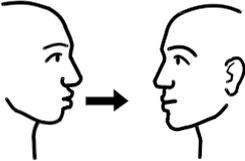
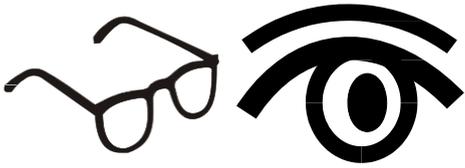


## Falls and keeping healthy

Why do people fall?	
	When people get older sometimes they fall.
	When people fall they can get hurt.
	If you have fallen over more than once or you have fallen and hurt yourself you should see your doctor.
	Your doctor will ask you some questions and may do some tests.
	Some falls are caused by trips or slips.
	Poor balance.
	Weak muscles.



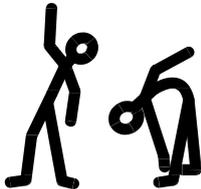
Problems with eye sight.



Being on more than 4 medicines can mean you are more likely to fall.



**What can I do to help stop me falling?**



Do some exercise.



Eat a good diet and drink plenty of water.



Get your eyes checked.



Take your medicines.

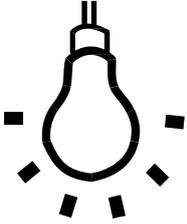
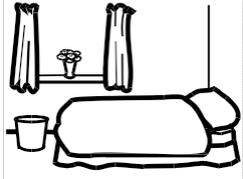


Not too much alcohol.



Try not to wear long clothing.

Wear low heel shoes and avoid slippery soles.

	<p>Make sure carpet and rugs are safe. Have a rug with a rubber back. This will stop it slipping.</p>
	<p>Have good lighting.</p>
	<p>Tidy up and be clutter free.</p>
	<p><b>What to do if you fall.</b></p>
	<p>Falling is frightening but try to keep calm Wait until you think you can move then slowly try to get up.</p>
	<p><b>What to do if you can get up.</b></p>
	<p>Roll onto your tummy.</p>
	<p>Crawl over to a piece of firm furniture and place your hands on it.</p>
	<p>Keep your hands on the furniture and place one foot flat on the floor.  Your knee should be in your tummy.</p>



Lean over your hands and push on your feet bringing both feet together.

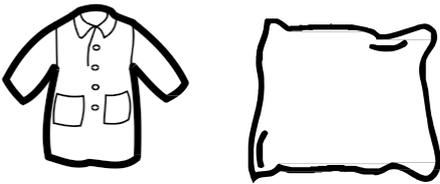


Turn around and sit down.

Have a rest before moving any further.

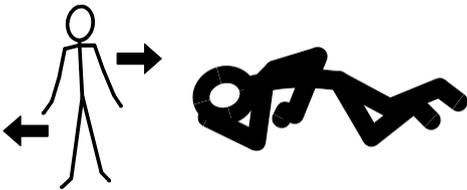


**What to do if you are hurt or unable to get up.**

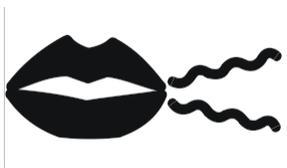


**Keep warm.**

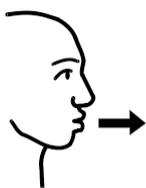
Use things you can reach like coats and cushions.



Keep moving.



Get help by shouting.



Please **tell your doctor or nurse about your falls.** They may be able to help.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet please email: [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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