

## For more information on preventing falls visit

### Slough

- [FallsFree4life.co.uk](http://FallsFree4life.co.uk)
- 0800 6349139
- 01753 373585

### Royal Borough of Windsor and Maidenhead

#### Keep Safe Stay Well

- 0333 121 0205

### Bracknell

#### Bracknell Falls Clinic

- 01344 351500

## For more information on safety at home visit:

### Berkshire Fire and Rescue Service

Officers can come to your home and undertake a free "safe and well" visit to help you improve your wellbeing, reduce the risk of fire and help you to live more independently.

- [www.rbfrs.co.uk](http://www.rbfrs.co.uk) - to book a 'safe and well' visit.
- 01189452888

## For more information about accessing Social Prescribing:

Social prescribing is a FREE service that puts you in touch with a range of community organisations and activities to support you to improve your overall wellbeing. Contact them if you feeling lonely or isolated, you need advice or practical help around the home, or you struggling to get out and about.

### Slough

- Via your GP
- Or contact One Slough community response 01753 944198
- [www.sloughcvs.org](http://www.sloughcvs.org)

### Royal Borough of Windsor and Maidenhead

- Via your GP

### Bracknell Forest Council

- [www.helpyourself.bracknell-forest.gov.uk](http://www.helpyourself.bracknell-forest.gov.uk)
- 01344 352000

## If you are a Carer who needs advice or support visit:

### Slough

- [www.sloughcarerssupport.co.uk](http://www.sloughcarerssupport.co.uk)
- 01753 944198 [sloughcarers@gmail.com](mailto:sloughcarers@gmail.com)

### Royal Borough of Windsor and Maidenhead

- 01628 683744
- [www.rbwm.gov.uk/info/200178/carers](http://www.rbwm.gov.uk/info/200178/carers)

### Bracknell

- 01344 266088
- [www.signal4carers.org.uk](http://www.signal4carers.org.uk)

# Don't Let Falls Get You Down

Anyone can fall, but older people may be more vulnerable than others as long-term health conditions can increase the chances of someone falling.



East Berkshire

This leaflet is available on request in different formats such as alternative languages, Braille, large print or audio. We would also value any feedback on this leaflet. Please find our contact details here [www.frimleyccg.nhs.uk/contact-us](http://www.frimleyccg.nhs.uk/contact-us)

# Falls Questionnaire

Answer yes or no to the questions below to see if you could be more susceptible to falling.

If you have had 2 or more falls in the last 12 months or if you have answered yes to 3 of the questions below, seek advice from your GP practice.

If you answered yes to fewer than 2 of the questions, take action now to keep yourself steady and prevent falling in the future.



Question	Yes/No
Have you fallen in the last year?	
Are you taking 4 or more medicines?	
Have you had a stroke or been diagnosed with Parkinson's disease?	
Have you had any problems with your balance or walking?	
Do you have difficulty getting up from a chair?	

## How to keep yourself safe and well at home

### Check your home for hazards and take action to keep you safe

- Hard to reach items
- Wet surfaces
- Poor lighting
- Clutter and trip hazards
- Poorly placed furniture
- Stairs – loose or worn carpets/broken or missing hand rails
- Loose rugs or mats (especially on a slippery floor)

### Keep active

- It strengthens muscles, keeps joints supple, improves balance and feeling wellbeing.
- Pick up a copy of the NHS exercises for strength guide for simple daily exercises to help with your balance and co-ordination.

### Eat healthily

- Consume the recommended daily allowance of vitamins and minerals (especially vitamin D and iron)
- Starchy food like potatoes, pasta and wholemeal bread to maintain energy and protein such as meat, fish, eggs, beans and pulses to maintain muscle

### Stay hydrated

- It reduces falls and urinary tract infections, improves the effectiveness of medication and brain function

### Alcohol increases the risk of falling

- Avoid alcohol or reduce the amount you drink

### Maintaining eye health

- If you are over the age of 60 you are entitled to a free annual review

### Choose good footwear

- Make sure you have well fitting slippers and shoes with adequate grip

### If you have concerns about your hearing

- Seek advice from your GP

### Sleep well

- Aim to get 7-8 hours of sleep a night
- Sleep at regular times
- Make your bedroom sleep friendly
- Make sure you wind down

