

Stop Falls and Stay Safe

Geriatric Evaluation Management (GEM)

Occupational Therapy Department



Stop Falls and Stay Safe

Keep active:

- Exercise 3-4 times a week with an activity you enjoy, such as supervised walking, strength training, or an exercise program.
- Pause for a moment after standing up. Don't rush off.
- Turn slowly and avoid swivelling your body quickly when changing direction.



Eyes:

- Have your eyes checked once a year.
- Keep your glasses clean.
- Avoid bifocals



Supportive footwear:

- Wear shoes with a high and hard back, wide heel and rubber soles.
- Avoid loose slippers, thongs or high heels.
- Refer to the 'Safe Footwear for your Stay in Hospital' brochure for more information.



Medications:

- Discuss medications and side effects with your doctor and how they can contribute to falls.
- If taking sleeping tablets, be careful when going to the toilet overnight. Sit on the edge of the bed before getting up.



Be safe at home:

- Remove things that can cause you to fall, such as mats, rugs and cords, and keep walkways clear.
- Increase lighting in your home—install a sensor or night light in the bedroom or hallway, to light the way to the toilet.
- Rails, a shower stool or an over toilet frame can help with balance in the bathroom or toilet.



Talk to your health professional for individual advice on falls prevention

If you have a fall

How can I raise the alarm?

- Activate your personal alarm.
- Carry a cordless phone or mobile phone around the house and call 000.
- Set up a monitoring system with your friends, relatives or trusted neighbour.
- Organise a daily phone call or visit from a family member, friend or carer.
- Speak to your Occupational Therapist if you would like to organise a personal alarm.



How can I let help in?

- Leave a spare key with a friend, trusted neighbour or relative who lives nearby, or is on your designated contacts list.
- Use a key safe box. This holds a spare key inside it and has a combination lock on it to gain access. This can be useful for ambulance officers to get inside.



Who can I ask for help?

- Your Occupational Therapist.
- Your Doctor. Please inform of all falls.
- Local Community Health Centre—to access community based Physiotherapy, Occupational Therapy home visits, falls prevention clinics, Dieticians, and Podiatrists.
- Your local council—to access assistance with home services.
- National Continence Helpline: 1800 330 066.
- Vision Australia: 1300 84 74 66.
- Book an Optometrist review, covered by Medicare.
- Department of Veteran's Affairs: 133254 (if you are a veteran).

Notes
