

## **FALLSTOP** YOU

### **Activity and Exercise**

The more active you are, the less likely you are to fall, because fitness helps with balance. There are lots of activities happening in your local community, from classes to walks. Contact the Council's Wellbeing Service (see back page for details) to find the best one for you.

### **Feet and Footwear**

A sensible approach to everyday footwear will stand you in good stead. Wear shoes and slippers that fit well and avoid high heels, thick soles and sandals to stay upright.

### **Eyesight and Hearing**

Get your eyes and ears tested regularly – even if you think they're fine – and you're more likely to spot hazards before they trip you up.

### **Medication and Nutrition**

Some medications, especially when mixed, can cause balance problems. Ask your pharmacist if you are at risk and see your GP to review your medication. Eat foods rich in vitamin D and calcium, like dairy products and canned fish, to keep your bones strong.

### **Speak Out**

If you have recently fallen, there is a greater risk that you will fall again, so tell your GP or a care professional and ask them to put you in touch with a service that can help.



## **NEXT STEPS**

The Council's Wellbeing Service provides a range of information, advice and practical support to help you – and the people you care for – to lead a healthier, more active lifestyle.

People of all ages are supported in making simple changes that will help keep them healthy and prevent falls. There are also some dedicated services for people over 60 such as home safety checks and falls prevention exercise sessions.

For more advice, contact our health and wellbeing advisers, who will put you in touch with the services you need.

**For more information call 01254 682037**

**email: [wellbeing@blackburn.gov.uk](mailto:wellbeing@blackburn.gov.uk)**

**web: [www.refreshbwd.com](http://www.refreshbwd.com)**



**FALLSTOP!**

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**KEEPING YOU ON YOUR FEET IN  
BLACKBURN WITH DARWEN**

Falls are among the most common accidents.

**THE GOOD NEWS IS THAT MOST CAN BE PREVENTED.**

**FALLSTOP** is here to help you stay on your feet and stay safe so you can keep doing the things you enjoy.

This leaflet gives hints and tips on how to **FALLSTOP** yourself, **FALLSTOP** your home and **FALLSTOP** the people you care for.



## **FALLSTOP** YOUR HOME

### **Be Aware**

Keep an eye out for things at home that could cause you to slip, trip or fall, such as frayed carpets or clutter, and make some simple changes.

### **Light up**

Don't walk in the dark if you have to get up in the night. Put a nightlight in the bedroom or landing, or keep a torch by the bed.

### **Floors and Stairs**

Make sure floors are clear of trailing wires and flexes. Consider placing non-slip mats under all your rugs and fitting handrails on both sides of your stairs.

### **Step it Up**

If you need to change a bulb or reach a high shelf, be sure to use a stepladder rather than a chair to reach up safely. Better still, get someone to help you.

### **Pets**

Cats and dogs can get under your feet so get them a collar with a bell and try to be aware of where they are.

### **Garden Safe**

Leaves and moss can cause slips on your doorstep and in your garden, so keep pathways clear. And always be wary of uneven paths and slippery surfaces, especially when it is wet or icy.



## **FALLSTOP** FAMILY, FRIENDS & NEIGHBOURS

### **Family, Friends and Neighbours**

Please share the advice and information in this FALLSTOP leaflet with family, friends and neighbours.

If you know an older person, see if you can help them to make some changes to help them stay on their feet.

It can be as simple as suggesting an eye test, checking for hazards in their home, sweeping leaves from their path or calling the Council's Wellbeing Service (see back page for details) on their behalf.

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