



Information and Advice To Reduce Falls Risk

A guide for patients and carers

Always there to care

Lindsey Lodge Hospice and Healthcare
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In the Hospice

You may have been assessed as being at risk of having a fall. The following advice and information aim to support you to reduce your risk of falls and enhance your safety during your stay with us.

Why do people fall?

- **Poor vision** – May cause you to trip over obstacles
- **Confusion** – Sometimes getting an infection can cause confusion, which puts you at risk of falling
- **Postural Hypertension** – Standing up quickly can make you dizzy
- **Footwear** – Poor-fitting shoes can cause you to trip
- **Continence** – Problems with continence can cause you to rush to the bathroom
- **History of falling** – You may have lost confidence if you have had previous falls
- **Poor mobility** – Changes to your strength or balance
- **Environment** – Unfamiliar environment that is different to your usual residence

What can help reduce my risk of falls?

- Take extra care when you get out of bed or stand up. If you feel dizzy, it may be helpful to 'count to 10' before walking
- Avoid using hospice fixtures to help you stand, such as bedside lockers, they are usually on wheels and therefore unstable
- Wear footwear or 'grippy socks' at all times when moving around
- If you have a walking aid, use it when you're moving around. If you feel a walking aid will be helpful, you can speak to one of our staff members for further advice/support on what may be appropriate
- Take your time and try not to rush when moving around
- Ensure your day or nightwear isn't too large or long, and ask your carer, relative or friend to consider this when they bring clothing in for you
- Make sure you wear lightweight, well-fitting footwear
- Ask your carer, relative or friend to bring in your usual walking aid
- If required, ask your carer, relative or friend to bring in items such as hearing aids, glasses, dentures, etc...
- It's always best to bring in any medication you usually take into the hospice with you when you're admitted as it is useful for the doctor to see these



If you're a carer, relative or friend you can help the patient and the staff by:

- Informing the hospice staff if the patient has had previous falls
- Putting your chairs away when you leave and avoid moving bedroom furniture around
- Ensuring the patient knows the call bell is, and if necessary place it in easy reach
- Bringing in lightweight shoes/well-fitting footwear and clothes that are not too big or too long for the person to wear
- Bringing in personal items such as hearing aids, glasses, dentures, as well as walking aids etc...

We aim to work in partnership with you in an attempt to reduce your risk of falls. Unfortunately, you may still experience a fall, despite all the guidelines in this booklet being followed. If you or your carer/relative have any concerns in relation to falls, please speak with a member of the team who can offer advice, support and/or provide equipment to enhance your safety.

In the Home

If having a fall is something that worries you prior to returning home, the following tips may be helpful to reduce your risk of falls at home:

Do:

- Remove or secure loose rugs and carpets
- Use bright light bulbs (at least 100W)
- Clean up spills immediately
- Have a light at the side of your bed and use lights at night
- Have a firm handrail fitted to both sides of the stairs
- Store regularly used items within easy reach
- Ask for help with tasks such as changing light bulbs and cleaning windows
- Keep stairs and walkways clutter-free
- Use walking aids provided as directed

How you can help yourself:

- Take gentle regular exercise to maintain muscle strength
- Maintain good nutrition and fluid intake
- Take your time – try not to rush when answering the telephone or going to the bathroom
- Have your eyes and feet regularly checked
- Let your GP know why you have fallen and request an appointment
- If you're taking several prescribed tablets, ensure you have contact with your GP practice for regular review
- Minimise bending and reaching
- Consider purchasing a pendant alarm or falls bracelet to support your safety
- If you experience any changes in symptoms for example dizziness, visual changes or loss of balance, please seek advice from your GP

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