

How to lower your risk of falling

Information and Advice
for Incare Patients



Care. Compassion. Community.

What is the aim of this leaflet?

While you stay with us at the Hospice there are lots of things we can work on together to help lower your risk of falling. If after reading this leaflet you have some questions please ask a member of the team. Sometimes people find it helpful to write down any questions they have.

This leaflet aims to tell you about falls risks and what you can do to lower your risk. While you are at the Hospice we will support you to stay independent and continue with your daily routine as well as help improve your symptoms such as pain or sickness.



What to do if you fall at home

If you are able to get up this method may help you.

1 

Roll on to your side, then push up on to your elbows.

2 

Use your arms to push yourself on to your hands and knees.

3 

Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on to it for support.

4 

Slide or raise the foot of your stronger leg forwards so it's flat on the floor.

5 

Lean forwards and push up using your arms and front leg, slowly rising to standing position.

6 

Turn around and sit down. Sit for a minute or two to rest.

If you are unable to get up, call for help by:

- using your pendant alarm if you have one,
- phoning for help or
- ringing 999 if needed.

Try attract attention.

Stay warm by using blankets, clothes, tablecloths.

If you have voice activated technology you may be able to use this to ring for help or put your heating on.

What can you do to lower your falls risk at home?

- Avoid clutter, trailing wires, remove mats and rugs and make sure carpets are fixed down.
- Make sure that your home is well lit so that you can see well when moving around.
- Get your eyes tested every year.
- If you are struggling to look after your feet it may help to see a chiropodist/podiatrist. Speak to your GP for more information.
- If you do fall or are worried about falling talk to your GP.
- Think about using SMART technology to help if you were to have a fall (for instance the use of voice activated controls).

Useful Contact

Pendant Alarm Care link

01977 788000

www.wdh.co.uk/carelink



How can we work together to help to lower your risk of falls?

- It isn't unusual to have a fear of falling. Tell us if you are worried about falling and / or feeling dizzy.
- You will have a nurse call bell, please call for help at any time.
- Well fitted footwear such as full shoe or slipper can help to lower your risk of falls. If needed we can provide non slip socks for you.
- Make sure you have your glasses, hearing aids and spare batteries with you. Tell us if you need help.
- Remember to keep your glasses clean.
- Tell us if you are worried about your eyesight.
- We may be able to change your room to best meet your needs. Please ask us to help.
- It is important that you drink regularly throughout the day. Please tell us when you would like a drink.



- If you are worried that you don't feel hungry or you are not eating as much as you did, tell us.
- To help keep your muscle strength and balance it is important to try and keep as active as you are able. Planning your daily routine can help you to feel less tired.
- Our therapy team will work with you to identify any equipment you may need to lower your risk of falls and help keep you independent during your stay. For instance we may provide you with a walking aid.
- Our doctors will review your medication during your stay.



What can your visitors do to help lower your risk of falls?

- Make sure the nurse call bell is in reach of your loved ones before you leave.
- Please aim to keep the room clutter free to lower the risk of slips and trips. Tell staff if you need any help with this.
- If a sensor or pressure mat is in use, please tell staff when you arrive and are leaving so this can be re-set.



We are committed to providing high quality care. If you have a suggestion, comment or complaint about the care or services you have received, or if you need this leaflet in another format, please contact Director of Clinical Services on 01977 781468.



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