

Tips to prevent falls

Check your home environment for hazards including:

- Items left on stairs
- Loose rugs or wires

Optimise your home environment

- Ensure good lighting
- Consider railings on stairs

Look after your feet

- If you have foot problems then consider seeing a podiatrist
- Check shoes are well fitting.

Check your vision every 12 months

Eye tests are free for those over 60

Exercise and physical activity

- We recommend 2.5 hours over each week of exercise that makes you breath harder
- Consider strength and balance exercises to reduce your falls risk


Medications can increase risk of falls

Your GP or pharmacist may be able to review these with you if you think they may be making you feel drowsy or unsteady.

Diet Look at a balanced diet with plenty of vitamin D and calcium to aid bone health.

Contacts and information

NHS advice on Falls prevention

 [nhs.uk](https://www.nhs.uk)

AGE UK Hillingdon Harrow and Brent

Advice and guidance

 020 8861 7980

 [ageuk.org.uk](https://www.ageuk.org.uk)

NHS 111

NHS help if you think you need medical help right now

 111

 [111.nhs.uk](https://www.nhs.uk)

Harrow Adult Social Care

 020 8901 2680

 [harrow.gov.uk/adults](https://www.harrow.gov.uk/adults)

Joy

A platform for local services and residents to connect

 <https://services.thejoyapp.com>

Harrow Carers


For advice and strength and balance classes

 020 8868 5224

 [harrowcarers.org](https://www.harrowcarers.org)

Harrow's Falls Service

Assessment and help for those at high risk of falls

 03005 558 889 (option 1)



Preventing falls

A guide for staying safe and what to do if you fall



LONDON BOROUGH OF
HARROW

Are you at risk?

Falls are a common occurrence and increase as we get older.

Between 33-50% of over 65's fall at least once a year.

- Have you fallen in the last 12 months?
- Do you feel unsteady on your feet?
- Do you have a fear of falling?

If you answer yes to any of these questions see your registered medical practitioner as soon as possible.

What to do if you fall

Try and stay calm. Assess the situation and check if you are hurt

If you cannot get up by yourself:



Try to get help Pendant alarms can be helpful, or get to a phone if possible



Keep warm Use anything nearby to cover yourself, clothing, towels



Keep moving around if you can so you are not stationary in one place preventing pressure sore formation

If you feel you can get up yourself:



Slowly roll on to your side



Come up on to your hands and knees



Crawl towards a solid piece of furniture, chair or sofa



While side on to the chair put your strongest leg forwards foot flat on the floor



Put both hands on the chair and pull yourself up on to the chair



Ensure you inform someone and if needed seek medical help.

Watch a video about how to get up from the floor after a fall

[harrow.gov.uk/falls](https://www.harrow.gov.uk/falls)

Getting active

Physical activity is recommended to help prevent falls. There are many options to exercise in Harrow:

Strength and balance classes

Classes to help reduce your risk of falling. See the website for details.



[harrow.gov.uk/falls](https://www.harrow.gov.uk/falls)

Stay active and feel great in Harrow

Information on local exercise at low or no cost including strength and mobility



[harrow.gov.uk/stayactive](https://www.harrow.gov.uk/stayactive)

Harrow Health walks

A free programme of walks for anyone who wants to improve their wellbeing and health, meet new people and explore Harrow's hidden gems.



[harrow.gov.uk/walk](https://www.harrow.gov.uk/walk)



020 8424 1255

Harrow leisure centre

Situated about 10 minutes' walk from Harrow and Wealdstone station, the leisure centre offers a wide range of sports, leisure and recreation facilities.



[harrow.gov.uk/health](https://www.harrow.gov.uk/health)