

If You Fall

If you can't get up:

- ♥ Stay calm and use your pendant alarm, mobile phone or shout for help.
- ♥ If possible, move to a carpeted area and keep warm with bedding, towels, or clothing.
- ♥ Try to change position occasionally to avoid getting sore.

If you can get up:

1. Roll onto your hands and knees.
2. Crawl to a stable piece of furniture.
3. Place one foot flat on the floor and push up slowly.
4. Turn and sit down to rest once you're standing.
5. Tell someone you've fallen, even if you feel fine.

Pendant alarms, pull cords, and fall sensors can alert others if you need help. Ask your nurse, therapist or Leeds Telecare for advice.

TelecareReferrals@leeds.gov.uk 0113 378 2991

Need More Help?

- ♥ Your nurse, therapist or GP can offer advice about:
- ♥ Home adaptations and equipment
- ♥ Exercise or balance groups
- ♥ Medication reviews
- ♥ Continence or nutrition support

Remember: small changes can make a big difference. Stay active, stay aware, and don't be afraid to ask for help.

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Falls Prevention

For people who have had a fall or may be at risk of falling



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www.st-gemma.co.uk

If you've had a fall or sometimes feel unsteady, small changes can make a big difference. This leaflet shares simple steps to help you stay safe and confident at home and when out and about.

Your Home Environment

Keep walkways clear and well lit

- Remove loose rugs and repair uneven carpets.
- Move furniture to create clear paths through rooms.
- Keep floors clutter-free and tidy away trailing wires.
- Make sure stairs and hallways are well lit — leave a nightlight on or keep a torch nearby.
- Consider fitting a key safe outside your home so someone can get in to help if you have a fall.

Make bathrooms and bedrooms safer:

- Use non-slip mats in the bath or shower and consider a bath seat or grab rail. A raised toilet seat can help you stand up easier.
- Fit rails beside the toilet or at steps and doorways if needed.
- Keep bedding off the floor to avoid tripping.
- Sit on the edge of the bed or chair for a moment before standing to avoid dizziness.

Furniture and equipment:

- Choose a chair high enough to stand up from easily.
- Keep items you use often within easy reach — avoid stretching or climbing.
- Consider a reacher to pick up light items from the floor.

Clothing and footwear:

- Wear well-fitting shoes with a good grip — avoid open-back slippers.
- Sit down to dress if possible.
- Keep nightwear short enough to avoid tripping.

An Occupational Therapist can advise you on home safety and equipment to make everyday life easier.

Looking After Yourself

Eyesight

- Have your eyes tested every year.
- Keep glasses clean and store them safely to avoid scratches.
- If you struggle to visit an optician, ask about a home visit.

Hearing

- If you find conversations hard to follow, ask your GP for a hearing test.
- Speak to your GP if you feel dizzy when standing — hearing and balance can be linked

Foot Care

- Wash feet daily in warm soapy water and dry them well.
- Wear well-fitting shoes with good grip.
- If you can't reach your feet or have corns, see a podiatrist.

Continence

- Speak to your nurse if you rush to the toilet or wake several times at night.
- They can check for infection, review medication, and offer advice such as:
 - Reducing caffeine
 - Having your last drink an hour before bed.
 - Keeping a commode or urinal bottle nearby.
 - Use of pads / protective covers

Nutrition

- Eat regular small meals and snacks if you have a poor appetite.
- Include calcium and vitamin D-rich foods (e.g. dairy, oily fish, fortified cereals).
- Drink plenty of fluids to stay hydrated.

Medication and health checks

- Have your medicines reviewed regularly.
- Tell your GP if your tablets make you dizzy or drowsy.

Keeping Active

- Gentle exercise improves strength and balance — try yoga, Tai Chi, or dancing.
- St Gemma's Out-Patients run friendly group sessions you can join.

Using Mobility Aids

- Make sure your walking stick, frame, or crutch is the right height.
- Check that rubber tips are in good condition.
- Keep your aid close, especially at night or when getting up.

Ask to be referred to a Physiotherapist to assess your walking aid and technique.