

General

- I can walk through a room without furniture getting in the way
- My furniture is stable and secure
- I do not have to reach or lean too far to get things
- I have had a recent medicine review with my GP, nurse or pharmacist.

A personal alarm can be pressed to notify someone if you have a fall.

To find out more contact Social Care Direct on 0345 8 503 503.

Steps and stairs

- My stairs are clear of clutter and any obstacles
- My stairs are well lit.

A rail fitted on both sides of the stairs can help if you find stairs difficult.

Fix any steps that are loose or uneven or have torn carpet.

Kitchen

- Items in my cupboards and cabinets are within easy reach
- Mop up spills immediately.

Bathroom

- I have a non-slip rubber mat or self-stick strips in the bath or on the shower floor
- I have a grab rail fitted over the bath and near the toilet.

Take extra care with wet and slippery surfaces.

Mop up any spills immediately.

Living room

- I use a non-slip backing to prevent rugs from slipping or better still I've removed my rugs altogether
- My lounge floor is free from clutter
- I can easily access and use my walking aids.

If you have a pet, think about giving them a brightly coloured collar to make them more visible.

Move or secure cords and wires next to the wall and try and organise your appliances so they are close to a socket.

Bedroom

- I have a lamp or light cord close to the bed where it is easy to reach
- The path from my bedroom to the bathroom is clear
- I have additional lighting such as night lights to help light my path
- My bedroom floor is free clutter and trailing bed clothes etc.

If you need to get up in the night do not rush to stand up. Give yourself time to wake up.

What to do if you have a fall

Stay calm and don't try to move immediately

Make sure you're not hurt

Look for something stable to hold on to

Slowly get up

Sit for a while and rest

If you can't get up:

- Keep warm - reach for a blanket or cover yourself with a coat or rug
- Try to keep moving
- Make a noise to attract attention
- If you have a personal alarm, use it! Don't worry about bothering people
- If you don't have an alarm and can get to a phone, call 999.

Produced in partnership with:

The Mid Yorkshire Hospitals NHS Trust
South West Yorkshire Partnership NHS Foundation Trust

Wakefield District Housing

Wakefield CCG

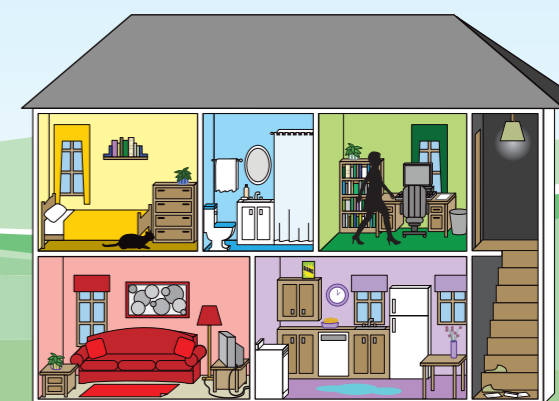
Wakefield Council

Age UK Wakefield District

Carers Wakefield District

Nova Wakefield District

For more information and advice about any of the topics covered in this leaflet please contact the Live Well Wakefield Team on 01924 255363.



Staying Steady in the home

A guide and check list that helps you to stay steady in your home.

The House of Hazards

Bathroom

Make sure you have everything you need within easy reach before taking a bath or shower. Use non-slip mats in the bath and on shower floors. Handrails by the toilet, bath and other places in the house will make getting around easier.

Medicines

If you regularly take medicines it is important to get them reviewed every 12 months. If your medicines make you feel dizzy make sure you tell your GP or nurse.

Strength and Balance

Regular physical activity can improve your strength and balance. If you are new to physical activity speak to your GP first.

Eyesight

Make sure you have your eyes checked at least every two years. If you have diabetes or glaucoma you should have your eyes checked every year.

Poor lighting

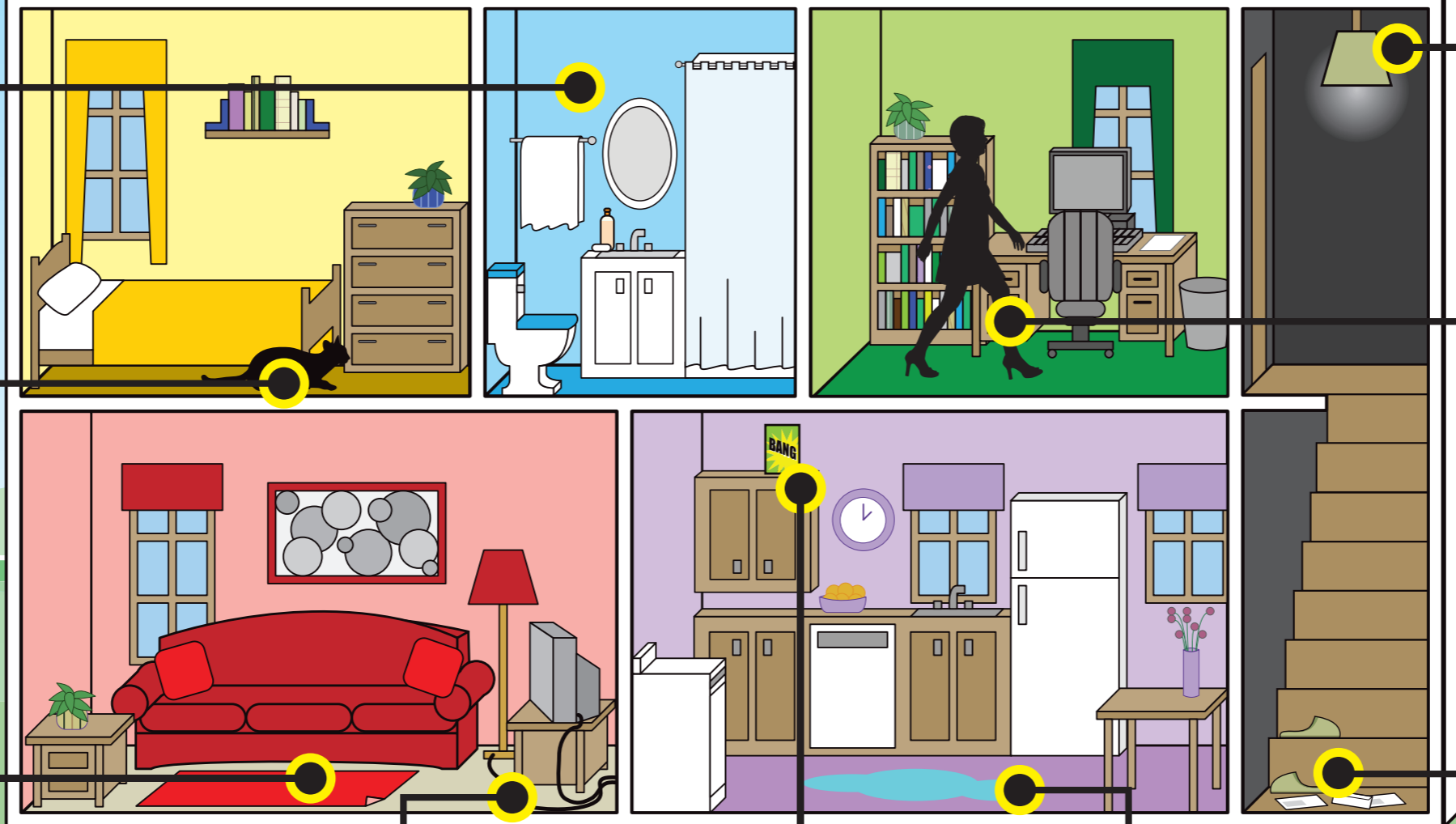
Good lighting is very important, particularly on the stairs where you should use a bright light bulb. If you need to go to the toilet at night, turn on a light so you can see where you are going or buy a plug-in nightlight.

Pets

Some pets can get under your feet – think about giving them a brightly-coloured collar to make them more visible.

Loose fitting rugs

Use non-slip mats under rugs and in the kitchen. Try to avoid having loose rugs and mats altogether.



Footwear and foot care

If you have foot problems that affect your balance you may benefit from specialist assessment. Speak to your GP for more information. Wear flat shoes with a fastening and a broad heel that have a man-made sole. Avoid walking in socks or tights on slippery floors.

Electric flexes

Keep the floor clear of trailing flexes, fraying carpet edges and clutter. Consider getting a mobile or cordless phone.

Reaching and stooping

Have items used on a regular basis within easy reach in the kitchen so you do not need to stretch or stoop to get them.

Spillages

Always mop up spills immediately. If you forget the spill is there, you might slip on it.

Clutter on stairs

Make sure there is room to walk safely up and down stairs and round the house without obstacles or clutter getting in your way.