

If you have a fall, try to get help

- Do not move if you feel any pain
- Attract attention by banging on wall or floor
- Use personal fall alarm if you have one
- Phone the emergency services or a friend/family if possible
- If you cannot get anyone to help try to use your furniture to help yourself up, crawl to a chair, use it for support and get up from your knees. Sit on a chair for a while before you stand up.
- If you cannot get up on your own you must keep warm, tense your leg and arm muscles regularly. If possible find a rug or anything else to use as a blanket. This is important to reduce the risk of hypothermia and pneumonia.

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130

Further patient information leaflets are available online on our website www.nhsfife.org/

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PODIATRY DEPARTMENT



FALLS

FALLS PREVENTION

The risk of falling increases, as people get older. Falling and the fear of falling can make older people lose their confidence, become apprehensive, frightened and very reluctant to walk.

FALLS RISK FACTORS

Falls can be caused by many risk factors, such as;

- Ill-fitting footwear e.g. shoes with heels, slip on's, thick soled shoes, slippers that are loose and have no back.
- Foot Pain eg; corns, hard skin, ingrown toe nails.
- Medical conditions which can cause problems with the legs and feet (Diabetic Neuropathy, Circulation problems, spinal issues and people with Dementia)
- Foot Deformities and Walking Problems, eg; Flat Feet, Limb Length and Bunions.
- Weak Muscles due to lack of exercise.

FALLS PREVENTION ADVICE

Podiatrists can help patients reduce the risk of a fall by providing advice on:

Footwear:

Flat, light weight, thin soled shoes with good grip, good heel support and with a lace or buckle to keep your foot stable.

Foot Pain:

See a HCPC registered Podiatrist for appropriate advice and possible treatment.

Foot Deformities:

Accurate diagnosis and appropriate intervention, with insole therapy may help to improve the function of the older foot.

Referral and advice:

Onward referral to other health and social care professionals, such as: Occupational Therapists and the Fall Prevention Teams.

Safety information:

Offering simple advice to keep your home hazard free or providing links to other services to assist with this.

Physical Activity:

You are more likely to fall if you have weak muscles and poor balance. A good way to make your muscles stronger and to improve balance is to take regular exercise. Some good forms of physical exercise are: Walking, Tai Chi, Light gardening and Housework.

Contact local Sport centre/leisure centres or your GP surgery will have a list of local groups who provide exercise classes.