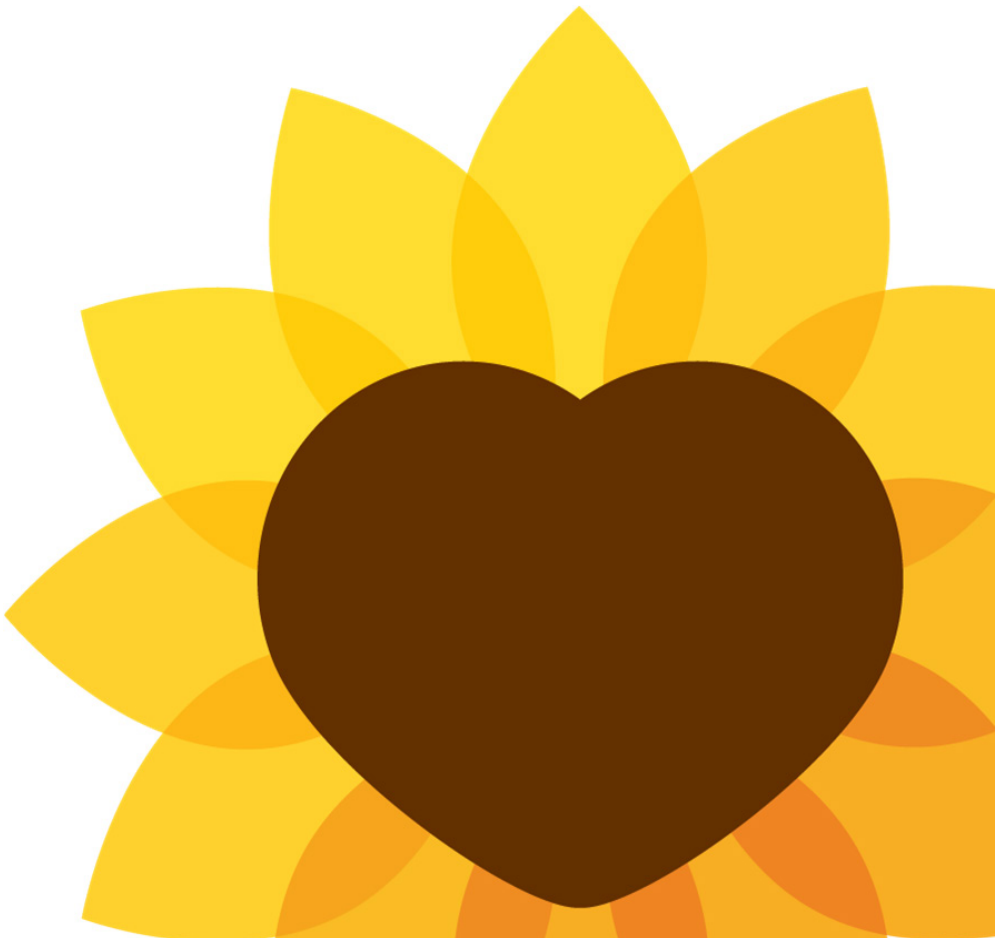


**East Cheshire  
Hospice**

Where people come to live

# Falls Prevention

Information for patients and those  
important to them



## Can we prevent falls?

It is not always possible to prevent a fall. However, if we work together, we can reduce the chances of it happening.

Research has shown that if staff and families/carers do work together we can reduce the risk of a fall by 20-30%.

## Reasons for falls

- Change of environment
- Medication
- Low blood pressure
- Dementia
- Dehydration
- Ill-fitting footwear
- Clothing too long
- Not using usual walking aid
- Cluttered areas
- Not wearing usual glasses
- Not using the call bell.

## What can you do?

- Report any falls that you've had & any history of falls
- Use your call bell when you need to move especially when using the toilet
- Use your usual walking aid and keep it close by, do not try to use furniture
- Make sure you wear your glasses & keep them clean
- Well fitting slippers with good grip
- Ensure dressing gowns and clothing aren't too long.

## What can others do to help?

Family, friends & carers can help by advising staff if...

- you think they are at risk of falling
- they have dementia
- they are visually impaired
- they use a walking aid.

## When getting up

- Sit on the side of the bed for a few moments before standing
- Get up slowly and make sure you feel steady before walking
- If you feel dizzy, sit back down and let staff know
- Make sure you stay well hydrated
- Don't keep too many of your personal belongings by your bedside
- Report any spillages.

## Preventions at the Hospice

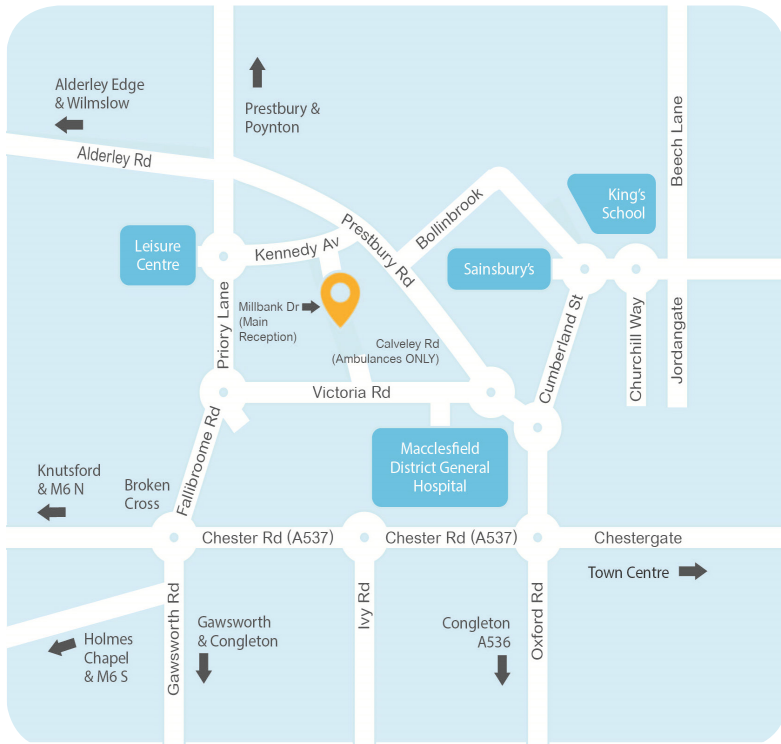
- We may use bed rails if appropriate
- We have a bed which lowers to the floor if needed
- We may use bumpers at the side of the bed
- We may attach a falls alarm to the patients clothing to warn us if they are trying to get up unassisted
- Physiotherapists will try to help improve mobility with exercises. They can also assess the patient & provide walking aids where appropriate & safe.

For more information on falls prevention or to put any of these measures in place, please contact a member of

Hospice staff.



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