



## Top Tips

### To Help Prevent Falls

- Have regular eye tests and keep your glasses clean.
- Take care of your feet, wear well fitting shoes, not sloppy slippers.
- Keep active take frequent walks in or outdoors.
- Have a well balanced diet and take plenty of fluids.
- Have your medication reviewed annually and also if you notice changes in your symptoms.
- Check for hazards in the home, for example loose carpets, trailing wires, clutter.
- Make sure you have good lighting especially on the stairs and in hallways.
- Report falls to your GP or Health Professional.



Age UK in Lincolnshire working together providing Adult Services and Care across Lincolnshire

For further information or to arrange a home visit from the Falls Prevention Team contact:

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Falls Prevention Project Manager

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For more information contact your local Age UK office;

**Age UK Lincoln**

Tel: 01522 696000

**Age UK Lindsey**

Tel: 01507 524242

**Age UK Kesteven**

Tel: 01529 302843

**Age Concern Boston & South Holland**

Tel: 01522 554995

**Age Concern Spalding & District**

Tel: 01775 720305



# Falls Prevention Service

for the over 65's in Lincolnshire



**Free advice and support**

Working in partnership with





**Have you fallen or are you concerned about falling?**

**As we get older we all have an increased risk of falling.**

**The good news is there are many simple things we can do to reduce the risk and remain independent.**

- We can arrange to visit and carry out a falls prevention check to help you remain independent at home.
- We can give advice and contact other agencies on your behalf if required.
- We can help you feel safer in your own home.



**Advice and signposting can be provided to the following and many more community services.**

**Age UK Local Offices**

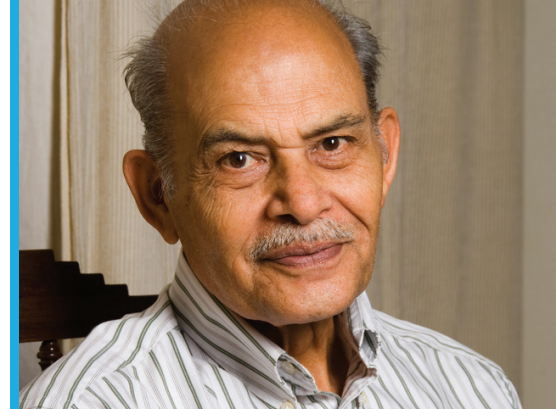
**First Contact**

**The Bridge Project**

**Handyman Services**

**Gentle Exercise Classes**

**Equipment For Daily Living**



**What to do if you have a fall**

- If you can't get up attract attention by shouting, use the telephone or press your alarm if possible.
- Try and get comfortable by using a cushion or rolled up clothing to put under your head.
- Try to keep warm by using clothing, towels or a rug.
- Try to keep moving and change position to avoid stiffness and help circulation.

