Stand Up To Falls

Top tips to help you continue living the life you enjoy, whilst reducing your chances of having a fall.



In partnership with:

NHS Grampian

Aberdeen City Health & Social Care Partnership

sport aberdeen
Charity no SC040973

Top Tips

Did you know that 1/3 of older people will experience a fall at least once a year. Even if the fall doesn't cause physical harm, it can really affect confidence. Getting out and about is really important to keep doing the things you enjoy and it helps you to stay connected. As we get older, falling or fear of falling can stop us from being physically active and living our best life.

Here are some top tips to help make sure that you can do all these things, whilst reducing your chances of having a fall. You might not need all of this information right now, but it's here whenever you do.



Look after your eyes

- Get your eyes tested for free every 2 years
- Clean your glasses regularly



Look after your ears

- Changes in your hearing can be disorientating



Look after your feet

- Don't ignore pain, calluses, long toenails or poor circulation



Watch your step

- Wear footwear that fits and suits the weather conditions
- Use your walking aid if you have one
- Take your time when going to the phone or front door



Review your medication

- Talk to your health professional at your next visit. A medication review can help manage any side effects.



Hydration & Nutrition

- Stay hydrated. Link drinks to your routine. Have a glass of water with medication or meals.
- Avoid caffeine, especially in the evening. This can help improve sleep, reduce night trips to the toilet, and lessen daytime drowsiness.



Strengthen your bones

- Eat a balanced diet rich in calcium and increase your Vitamin D intake
- Go out walking and try the Super 6 exercises

Speak to your GP if you have any concerns

Being prepared in case you have a fall

Fear of falling, especially after a trip or fall, can lead to anxiety and avoidance of movement. This can weaken your muscles and increase fall risk, so it's crucial to stay active and mobile.

Don't wait until you fall. Creating a Falls Plan can be useful in reassuring you that you know what you would do if you did have a fall. Things to consider in your falls plan include;

- ✓ Think about how you might get up if you had a fall.
- ✓ Consider how you would get help if you fell. Do you carry a mobile phone, have a community alarm, or live with someone who can assist you?
- ✓ Know the 'Rest and Wait' Plan

•Call for help •Keep warm •Keep moving

If you are concerned about falls, you should contact your GP or if you would like input from an occupational therapist or physiotherapist, you can self-refer to the NHS Community Adult Assessment & Rehabilitation Service by calling 01224 558399



SUPER 6 EXERCISES!

To help you maintain your balance, try doing these 'Super Six' exercises three times a week, and walk daily if you can.

- Use a sturdy and stable chair, table or worktop for support.
- Wear supportive shoes and comfortable clothes.
- You may feel muscle soreness the next day, which is normal. If you experience pain during or after the exercises, stop and seek medical advice.
- If you experience chest pain or severe dizziness STOP IMMEDIATELY and contact your GP or 111 if your GP Practice is closed.
- Try not to hold your breath - breathe normally during the exercises.

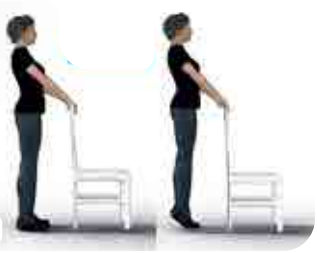
1 SIT TO STAND



Sit tall near the front of your chair with feet hip-width apart. Lean forward and stand up slowly, using your hands if needed. Step back until your legs touch the chair, then lower yourself back down.

Repeat up to 10 times.

2 HEEL RAISES



Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

Repeat up to 10 times.

3 TOE RAISES



Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.

Repeat up to 10 times.

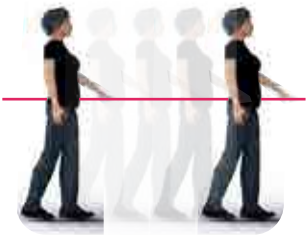
4 HEEL TOE STAND



Stand tall, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - taking your hands off if possible. Take your feet back to hip width apart.

Repeat with the other foot in front, balancing for another 10 seconds.

5 HEEL TOE WALKING



Stand side on to your support. Walk 10 steps forward, placing one foot directly in front of the other. Look ahead and move slowly, holding on only if necessary. Return your feet to hip width, then turn toward your support.

Repeat in the other direction.

6 ONE LEG STAND



Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds.

Repeat with the other leg.

Try and do these 3 times a week!

Keeping safe to avoid trips and falls

Follow these tips to keep your home hazard free!



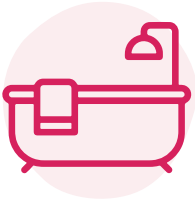
Approaching your home

- Walkways are smooth and level
- Paths are clear of clutter
- Hedges and bushes are cut back
- You have external/motion-sensor lighting
- Any steps to the door have rails on either side
- The threshold is low enough not to trip



Hall & Stairs

- Sufficient lighting; all bulbs are in place
- Light switches located at both the top and bottom of the stairs
- No loose rugs or mats to trip over
- Stairs are clear of clutter
- Handrails are sturdy and secure
- Carpet is in good condition; no loose floorboards present



Bathroom

- Any rugs/mats/bathmats are non-slip
- There are grab rails near the bath and toilet
- You can easily reach the toilet paper
- There is somewhere to sit if you feel dizzy

Bedroom



- There is a lamp close to the bed
- You have a nightlight or torch
- The path to the bathroom is clear and well lit
- There is a phone near the bed
- Any rugs/carpets are secure
- You have a way to support yourself when getting in and out of bed, if you need it

Living Room



- There is enough light
- Every piece of furniture is necessary, too many tables and chairs can block your path
- The furniture is stable
- There is a clear path to walk through
- Electrical cords are behind the furniture and not across the floor
- There are no electrical cables you could trip on

Kitchen



- The floor is clean and free of spills
- Floor coverings are in good repair and securely fixed
- The things you use most often are within easy reach
- If you have a step stool to reach things high up, this should be stable and have a handrail

For more information on home fire safety go to firescotland.gov.uk

Useful Contacts

Sport Aberdeen

Sport Aberdeen delivers a range of physical activity opportunities designed to improve strength, balance and confidence, helping older adults reduce their risk of falls and maintain independence.

If you're interested in excercise classes, volunteering, or becoming an ambassador contact:

ActiveLifestyles@sportaberdeen.co.uk | 01224 507701

Stand Up To Falls

Stand Up To Falls offers falls awareness sessions across Aberdeen through its pop-up stand with information, top tips, advice & signposting.

sportaberdeen.co.uk/stand-up-to-falls

Stay Well Stay Connected

In Aberdeen, many groups offer opportunities to connect and engage in various activities. To learn more, contact the Wellbeing Team:

swsc@aberdeencity.gov.uk | aberdeencityhscp.scot/agile

Community Adult Assessment and Rehabilitation Service (CAARS)

Offers Occupational Therapy and Physiotherapy services for adults in Aberdeen City whose illness or injury affects daily activities.

01224 558399

Bon Accord Care Telecare

Telecare refers to devices and systems that alert for help in case of a fall or problem at home. These devices provide peace of mind for you and your family.

bacinfo@bonaccordcare.org | 01224 069800 (Select Option 2)
bonaccordcare.org/referrals/community-alarm-telecare/

Scottish Fire & Rescue Service Home Fire Safety

For more information on how to keep safe at home, including advice on alarms, fire escape plans and home fire safety visits go to

firescotland.gov.uk

Designed by Sport Aberdeen on behalf of Stand Up to Falls