

HEALTH / PHYSICAL ACTIVITY / NUTRITION

Managing Falls

Tips and guidance on what you can do if you are at risk of an unexpected fall

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Information on how you can help to manage an unexpected fall

- ◆ A Fall is defined as an unexpected event in which the participant comes to rest on the ground, floor or lower level (Lamb et al., 2005)
- ◆ 64% of all reported falls happen in the home (http://ec.europa.eu/health/data_collection/databases/idb/index_en.htm)
- ◆ Of fallers aged over 75 over 80% are unable to get up after at least 1 fall and 30% had lain on the floor for 1 hour or more (Fleming, 2008b), (Tinetti, 1993, 1994)
- ◆ Long lies can increase the risk of dehydration, hypothermia, pneumonia, pressure sores, kidney failure, depression, post fall syndrome and death.



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- ◆ If you live alone and have falls:
- ◆ Keep a small bottle of water in the corner of each room to prevent dehydration
- ◆ Keep a blanket in easy reach of the floor to avoid hypothermia and pneumonia
- ◆ Wear a pendant alarm so if you can't reach the phone it can alert a neighbour, friend or family member
- ◆ Wear appropriate supported footwear
- ◆ Move any trip hazards such as rugs out of the way.