

Falls...

If you or anyone you know would like this leaflet in another language, or on audiotape or in Braille, please contact Loren Grant, South Manchester Primary Care Trust, on 217 4317 or loren.grant@manchester.nhs.uk



Organised chair based exercise session

Do any of these apply to you?

- ✓ Have you had a fall in the past 12 months?
- ✓ Are you taking four or more medications a day?
- ✓ Have you had a stroke or have you got Parkinson's disease?
- ✓ Do you have any problems with balance?
- ✓ Are you unable to get up from a chair of knee height?
- ✓ Have you had a "blackout" or fainted? It is important that you tell your doctor. Some people don't remember blacking out, but "find themselves" on the floor.

If you answer YES to three or more of the above questions, contact your local Falls Prevention Service for help and advice.

Useful numbers

Please contact your own doctor in the first instance who will refer you into the Falls Prevention Service* nearest to you for help, advice and information.

Falls Prevention Service North Manchester area
telephone: 231 1151

Falls Prevention Service Central Manchester area
telephone: 226 0101

Falls Prevention Service South Manchester area
telephone: 217 3061

**This service is for Manchester residents only.*

Manchester Mental Health 
and Social Care Trust

Manchester care & repair 
MANCHESTER
CITY COUNCIL

Manchester 
North, Central and South
Primary Care Trusts



more common
than you think

Half of all falls can be prevented

Falls...



...facts

- One in three people aged over 65 fall each year
- 95% of hip fractures are fall-related
- Falls destroy confidence, increase isolation and reduce independence

Top Tips to help prevent falls in the home...

1 Safe stairs

Have a second handrail fitted so you can hold on with both hands

2 Good lighting

Long-life bulbs for the stairs, and a light to turn on before you get out of bed at night

3 Using the bathroom

Have a rail to hold onto when you get up from the toilet and use a non-slip mat and handrails for your bath or shower

4 Removing hazards

Have small hazards dealt with, have frayed carpets mended, remove or fix rugs and trailing wires

5 Careful climbing

Use a step-ladder or get help with changing light-bulbs and curtains and be sure you avoid actions that may leave you dizzy



Regular exercise is key to falls prevention

Looking after yourself

- ✓ Regular exercise will help you to maintain your independence and keep your bones strong.
- ✓ Eat regular meals and have a balanced diet.
- ✓ Take care of your eyesight and glasses – go to an optician for a check up.
- ✓ Wear footwear that fits properly and has a good grip.



Do you have problems with your medicines?

- ✓ Do you sometimes not take your medicines the way the doctor wants you to?
- ✓ Are there some medicines you cannot get out of their containers?
- ✓ Do you need help getting a regular supply of medicines?
- ✓ Realistically, do you think some of your medicines could work better?



A tailored, chair-based home exercise programme

- ✓ Do you take any medicines that you do not get from your doctor (e.g. herbal, alternative or Chinese medicines from the internet)?