

PREVENTING FALLS AT HOME

- Keep floors free of clutter - clothes, wires etc
- Mop up spillages
- Have well lit rooms especially stairs and landings
- Wear well fitting shoes
- Be mindful of pets around your feet
- Ask for help if you are unable to do something safely in your own
- Keep the stairs free of clutter

PHYSICAL ACTIVITY

- Exercise builds your core strength and balance.
- Chair Exercises
- Walk - its free!
- Keep moving when you're at home - Stand on one leg for 30 seconds, lean on a table or worktop and lift your heels while waiting for the kettle to boil.
- Build up slowly 10 minutes a day to 30 minutes a day.

Prestwich Social Prescribers do Falls Awareness week 2025

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WHAT TO DO IF YOU FALL

- Stay calm and give yourself time to assess whether anything is hurt, if not get up slowly. If you are hurt call for help.

PERSONAL PREVENTION

- Take action against illness
- Eat well and keep hydrated
- Keep warm and wear appropriate clothing.
- Reduce alcohol intake
- Sight and hearing tests
- Manage your health and medication e.g blood pressure, breathing, weight, fluids,
- Take care of your feet - keep toe nails trimmed
- Communication aids - mobile phone, pendant alarms, smart assistants e.g Alexa

Thanks to Lorraine at North Manchester Fitness for sharing advice and support about falls awareness. Lorraine is at our social drop in on the 2nd Tuesday of the month from 1pm - 3pm at Church Lane Community Centre, Church Lane, Prestwich for more information about exercise, strength, balance, flexibility, core strength and falls awareness or contact your social prescribers
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