

Getting in Touch

Should you have any questions or concerns, please do not hesitate to contact our palliative care team.

Useful websites:

<http://www.hqsc.govt.nz/our-programmes/reducing-harm-from-falls/about-us/>

<http://www.ageuk.org.uk/health-wellbeing/keeping-fit/falls-prevention/exercise-regularly>

If you need any further information or have any questions please contact

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Falls Prevention

Information on how to stay safe



Staying Safe

As your illness progresses you may have an increased risk of falling which could lead to a serious injury.

Hospice Whanganui wants you to stay safe in your own home. This leaflet sets out some simple approaches to reduce your risk of falling.

Falls can't always be prevented but by following this simple advice you can reduce your risk of falling, maintain your independence and provide your loved ones with added peace of mind.



Simple advice to prevent falls ...

Nutrition

At times you may experience loss of appetite resulting in poor nutrition that could lead to weight loss and muscle weakness.

Our service can provide advice and helpful hints on food and eating as your appetite decreased or any other concerns you may face.

To help with this, please ask for resources from one of our palliative care team.

Mobility

Often people feel that they cannot exercise as much as before and become tired easily. Mobilising safely is an important part of reducing falls and maintaining independence. If you or your family feel your mobility has lessened, please contact our community nurses who will visit and discuss this with you.

Medication

Drugs can contribute to falls in many ways, and some can cause drowsiness and affect your blood pressure. If you are experiencing symptoms such as dizziness or drowsiness discuss this with your doctor. Always keep a list of your current medication available.

In the home

- ✘ mop up spillages straight away, remove clutter, trailing wires and frayed carpet
- ✘ use non-slip mats and rugs
- ✘ use bright light bulbs in lamps and torches so you can see clearly
- ✘ have a light switch within reach from your bed
- ✘ do not walk on slippery floors in socks or tights
- ✘ do not wear loose fitting clothes that might trip you up such as a long nightgown, flared pyjamas or clothes with trailing hems or cords
- ✘ wear well-fitting shoes that support the ankle or supportive slippers with non-slip soles
- ✘ organise your home so that climbing, stretching, and bending are kept to a minimum, and to avoid bumping into things
- ✘ if you have glasses, ensure they are clean and worn, or within reach, at all times
- ✘ ensure any walking aids are maintained