

Falls Prevention

Want to prevent falls?

Here are some things you can do...

Non-slip flooring for wet areas

Installing slip resistant tiles, adding non-slip adhesive strips or applying a slip resistant treatment to your floor is safer than using shower/bath mats.



Good lighting

Balance good lighting with the right intensity to minimise glare. Light switch surrounds make it easier to find light switches at night. Light sensors turn on the light when movement is detected illuminating the area.



Walking aids

Walking frames and walking sticks may provide support for those with poor balance. Walking frames with a seat have the advantage of giving the user an easily accessible seat when tired.



Footwear

Enclosed footwear with good support improves stability. Make sure the heel and sides of the shoe are made from strong materials and fit appropriately.



Slip-resistant overboots

Overboots with slip resistant soles improve stability for a carer when helping in the shower. The boot also prevents the carer's feet from getting wet during showering.



Handrails and grabrails

Installing handrails along steps and steep walkways and grabrails in the bathroom provide extra support and safety to the home environment.



Avoid clutter

Removing unnecessary items from pathways in the home reduces the chances of tripping over objects.

Support for the bath, shower and toilet

Sitting on a chair or stool while showering is safer than standing. A bath board or bath seat placed over the bath make it easier to climb into and out of the bath. An over toilet aid helps when getting up off the toilet.



For more information, please contact

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