

CWTSH

# Keep yourself Safe and Well

CUDDLE

Talking to each other is the best thing we can do if falling over and doing ourselves harm is a worry. Don't delay, talk today!

Helping School-Age Children, Family and Grand Parents Talk About Falls Risks.

Steady on...  
Stay **SAFE**



Strength



And Balance



Falls History



Environment

## Keeping Active

Gramps:

“Thank you for caring about me, and yes, I don’t keep as active as I used to. If you help me keep active, I can keep myself strong and playing with you is great fun. You’re also right that my shoes and slippers are not safe, as they need to fit better, have better backs and strong soles that don’t slip”



Jack & Jill:

“You are right, Gramps, we sometimes do run about too quickly. We often don’t look where we’re going, with our laces undone, so we’re sure to fall”

## Home Safety

Jack & Jill:

“No, I’m not on the ‘naughty step’, just thinking how dangerous the stairs can be, and you’re right about using the safety gate, holding onto the banister, and taking my time, or coming down on my bottom if my shoes don’t feel safe”

Nan:

“The stairs are too steep for me these days, there isn’t a banister, the grips are worn as is the carpet, and the light on the steps isn’t good as my eyesight’s fading. Better do something before it’s too late”





## Making Sure We Talk

Jack & Jill and Nan:

“We talk about so many things but not about how we can keep ourselves safe and well. It’s too late if we’ve already suffered a fall and can’t get around like we used to. Now is the time to look at the risks and do something about them. If we’ve got a medical problem that increases our risk of falling, we should visit the G.P. If we’re on tablets or medicines that make us drowsy or dizzy, we need to talk to the pharmacy”



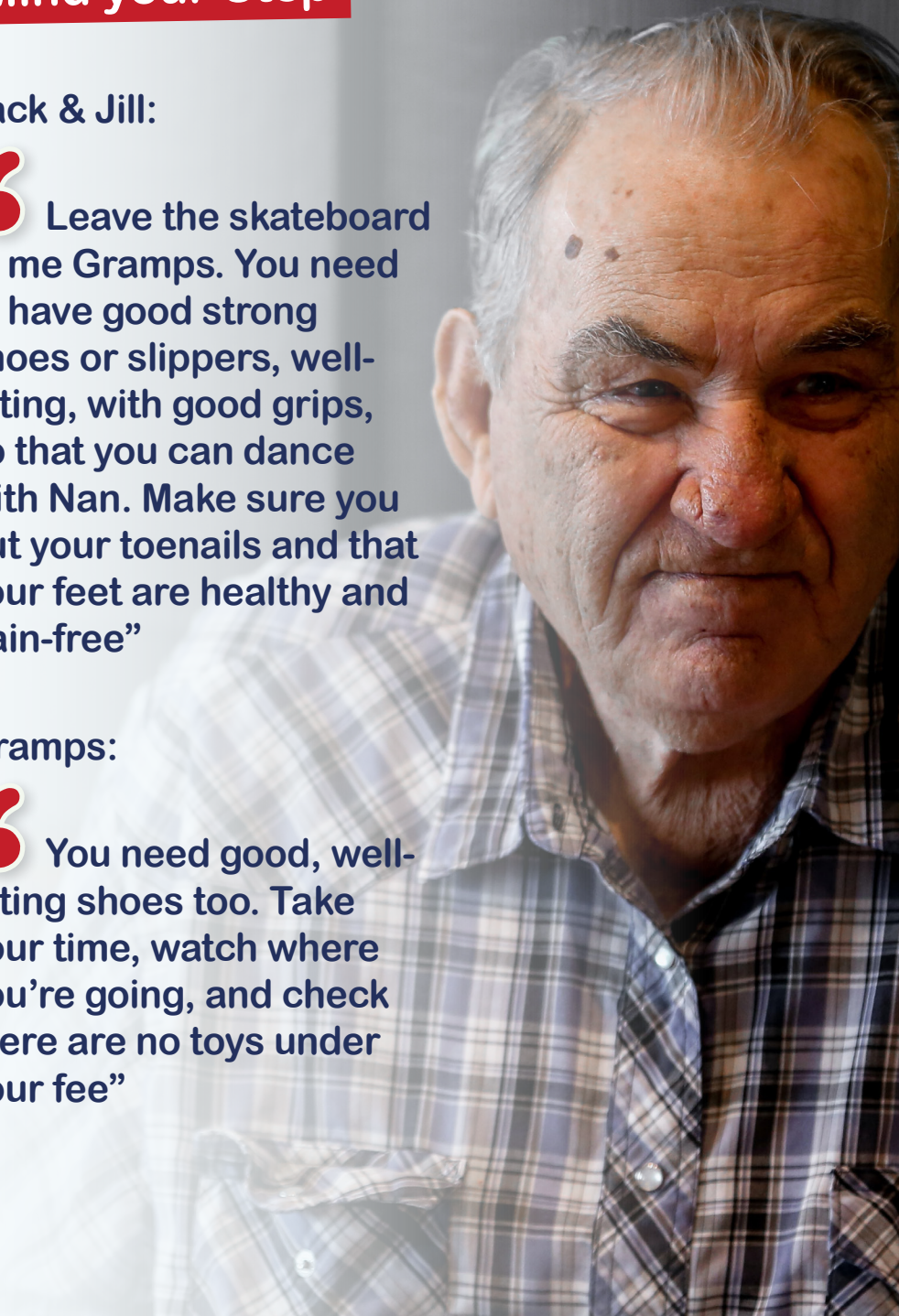
## Mind your Step

Jack & Jill:

“Leave the skateboard to me Gramps. You need to have good strong shoes or slippers, well-fitting, with good grips, so that you can dance with Nan. Make sure you cut your toenails and that your feet are healthy and pain-free”

Gramps:

“You need good, well-fitting shoes too. Take your time, watch where you’re going, and check there are no toys under your feet”



## Check your Vision

Gramps and Jack & Jill:

“This game is fun, but the pieces are small, hard to put together and easy to lose. It is good for us to have an eye health check every two years and make sure our spectacles are right for us. There’s more chance of falling over obstacles or misjudging gradients if our sight is not tip-top”



## Manage your Home Better

Jack & Jill:

“Try and organise things at home so that you don’t need to climb, stretch, or bend too much. Don’t stand on a chair to reach up to shelves, curtains or to change bulbs and don’t reach down for plugs. Especially, don’t leave wires and clutter around. These will make you fall”

Nan:

“You two need to make sure there are not toys left all over the floor, or things left out at the top of the stairs, or if you spill your drinks, it is mopped up quickly. These too, can make you fall”





## Keeping Our Home Safe

Jack & Jill:

“Nan, you aren’t as steady whilst using the bath or toilet anymore, and you can’t step into the shower like you used too. You wobble like jelly if you can’t hold onto something. I’m frightened you’ll fall and end up in hospital”

Nan:

“You need to take time on steps, stairs or slippery floors, and if you spill drinks or water get it cleaned up straight away. Don’t climb on high furniture”



## Caring

Gramps & Nan  
and Jack & Jill:

“Talking regularly about stopping ourselves falling over can help us avoid falling. Let’s do something TODAY to make sure we have less chance of falling. How has this chat been for you, both? And for you, Gramps?”



## Keeping us Active, Healthy and Safe is surely worth a chat.



Falling at home can cause serious injuries, change your life, and damage your health.

Talking about it and doing something to avoid it happening can make a difference.

<b>I fear falling or have fallen more than once.</b>	<b>The risks have made me stop and think.</b>	<b>All this makes sense.</b>
It's time to do something or get help	It's time to get some advice	Let's have this chat again.

Falls are not an inevitable consequence of growing older...

**There are lots of things you can do to reduce the risks.**

Ultimately, the best approach is address risks and prevent someone falling in the first place.



Care & Repair Cymru

[www.careandrepair.org.uk/falls](http://www.careandrepair.org.uk/falls)

Telephone: 0300 111 3333



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