

# STEADY ON YOUR FEET

Northamptonshire



Falls Prevention Information Pack

# Information & Advice



## Information and Advice

### Falls

The more details you can remember about a fall, the easier it is to pinpoint a cause so think carefully about:

- When it happened – Was it related to time of day? Were you doing something specific at the time?
- How it happened – Was it a loss of balance? Did you trip on something? Did you go dizzy? Did you blackout?
- Where it happened – is there a trip hazard you could remove? Have you fallen in this place before? If so, why could this be?

Often, rather than one specific reason, there may be a number of underlying risk factors which have played a part, many of which can be reduced by following some simple advice.

These issues may include:

- Muscle weakness
- Poor balance
- Dizziness
- Environmental hazards
- Vision and hearing problems
- Foot pain, deformity or numbness
- Badly fitting or unsupportive footwear
- Memory loss or confusion
- Poor nutrition
- Medications or poor pain control
- Bladder and bowel conditions
- Alcohol consumption
- Incontinence

Falling can have an impact on your confidence which may then lead to a vicious cycle of reduced activity and a further increase in falls risk.

Taking a pro-active approach, even if you haven't had a fall, will help you take control of the situation and allow you to remain active and independent for longer with an increased quality of life in the long term.

## Other medical conditions and Falls

It is well known that some medical conditions, such as Parkinson's disease, multiple sclerosis and a history of a stroke can increase your risk of falls. If you are concerned about how your past medical history may be affecting your falls risk, please discuss this with your GP or an appropriate health professional, such as the Falls Management Service or specialist nurse who can help you manage your falls risk with your individual needs.

Useful links on falls and how to prevent them:

**Saga - Get Up and Go Guide**

**NHS Supporting Older People**

**NHS Falls Prevention**

**Age uk- staying steady links**

**RoSPA Home Safety Videos**

## Blackouts

Blackouts can be difficult to identify, particularly if they are brief, but they should be suspected if you cannot recall the fall and / or have injuries to your face, as this suggests you did not put your hands out to save yourself.

Blackouts are very common and happen more often as we age. Common causes include:

- A drop in blood pressure when changing position (e.g. standing up from a chair)
- Heart disorders
- Anxiety / panic attacks / stress

If you think you may have had a blackout, it is important that you inform your GP so the cause can be investigated.

[More information can be found here](#)

## Dizziness

It can occur for many reasons, e.g:

### A drop in blood pressure when changing position (e.g. standing up from a chair)

- If you feel dizzy when you first stand up, change position slowly and exercise your arms and legs before rising
- Sit back down again if you feel dizzy and wait until it passes
- Stand still or walk on the spot when you first get up to give your blood pressure time to stabilise
- Don't rush
- Keep active- little and often is best

If your dizziness does not resolve, contact your GP. You may be asked to monitor your sitting and standing blood pressure, to see if a drop in your blood pressure is contributing to your falls risk.

How to monitor your postural blood pressure:

- Sit down for at least 5 minutes then take your blood pressure. Record this reading.
- Stand up and immediately take your blood pressure again. Hold on to furniture or a walking aid if you do normally. Record this reading and note any symptoms such as dizziness.
- You may be asked to take readings for 3 days. Take them all at a similar time in the day.

## Medications

Dizziness is sometimes a side effect of various medications. If you think this is the cause discuss your symptoms with a community pharmacist if you are taking medication, particularly related to blood pressure.

## Dehydration

- Make sure you drink plenty of fluids during the day (6-8 cups per day)
- Drink regularly throughout the day
- Reduce caffeine and alcohol intake
- Also make sure you eat regularly throughout the day, do not miss breakfast.

## Inner ear disorders / vertigo

Vertigo is a condition affecting the inner, deeper part of the ear. This can cause a spinning sensation, like the world is moving or spinning. It can also be associated with nausea, vomiting and visual or hearing disturbances. It is often triggered by a change of position, such as reaching up over head or rolling in bed. Vertigo can also affect your ability to balance and increases your risk of falls. It can be managed by medications or with specialist manoeuvres or exercises that are prescribed by your GP and other health professionals.

## Medical conditions (e.g. diabetes, COPD)

- Consider whether your condition is well managed, or if dizziness may be a side effect of this, and discuss with a health professional if you need further advice.

## Anxiety

- Anxiety can give a sensation of light headedness. Try some relaxation techniques such as mindfulness or deep breathing . Contact your local mental health teams, such as changing minds IAPT (tel: 0300 999 1616/ [www.nhft.nhs.uk/iapt](http://www.nhft.nhs.uk/iapt) ) , about managing your anxiety or discuss with your GP if your symptoms are severe.

## Medication

It is important to have your medications reviewed regularly by your GP or pharmacist so they can keep an eye on any side effects and alter dosage if necessary. This is particularly important as we age as our sensitivity can increase and dosages need to be adjusted accordingly.

DO not stop taking medications, or take self-purchased medications or herbal remedies without first consulting your GP or pharmacist.

Make sure you are taking your medications as prescribed by your GP. There may be specific instructions such as taking them at a certain time of day or on an empty stomach etc., that are important to the effectiveness.

Consider using a dossett box to help organise your medications and/ or alarms to prompt you to take them. Pre prepared dossett boxes from the pharmacist or by a family help if you struggle with the medication packaging, or there are small aids available for you to purchase in pharmacies, in catalogues or online to assist with the packaging.

Check with your pharmacist if you plan on drinking alcohol or taking over the counter medication as these can have an effect on other medications you are taking.

Your pharmacist may also be able to advise you of alternatives if struggling to swallow tablets.

### Pain relief and falls

Pain can affect the way you mobilise, and poor gait pattern increases the risk of falls.

#### **What I can do:**

- Take pain relief as prescribed. Regular pain relief helps you remain active in a safe way. If you do not like taking pain relief regularly, make sure you take some before you are active, for example going out shopping or to an appointment
- Speak to your GP about your pain relief if you are concerned about taking it, or you do not feel it is effective
- Consider alternative forms of non-pharmaceutical pain relief such as heat, ice or TENS machines. They may not cure the pain but may make it more manageable

#### Help from a Pharmacist



## Environment

Often this is because of hazards within the home or difficulty with daily activities such as getting in / out of bed, on / off a chair or toilet, or in / out of the bath.

Falls prevention in and around the home is often described as 'common sense', however, it isn't always easy to recognise the things that can cause trips, slips and falls.

Using our [home safety section](#) on the website will help you identify and remove hazards within your home.

[View Home Safety](#)

Useful Links:

[Age UK - Home Adaptation Tips](#)

[Age UK - Home Adaptation Guide](#)

## Movement and Exercise

Between the ages of 50 and 70 we lose about 30% of our muscle strength and, as we age, our balance reaction times get slower which makes it harder to stay steady, especially if we are doing something quickly. Without physical activity, it is also difficult to maintain strong bones.

There is strong evidence that strength and balance exercise programmes are effective in preventing falls, regardless of age. Exercise classes designed for older people are particularly beneficial as they aim to improve balance and strength, making it easier to get in and out of chairs, on and off buses and up from and down to the floor.

However improving your activity to reduce falls does not just have to be about exercise, but falls risk can also be reduced by increasing daily activities such as walking, going up and down stairs, or hobbies such as dancing, bowling or DIY.

Generally speaking, physical activity is any movement that results in a small increase in your heart rate and breathing.

Exercising is safe and beneficial for the majority of people, but, if you experience chest pain or feel faint while exercising you should stop exercising immediately and contact your doctor.

To minimise the risk of adverse effects, if you are new to exercise, begin slowly and gradually build up to the recommended amount:

- Physical activity on most days adding up to 150mins moderate intensity exercise each week (e.g. walking, swimming, climbing up and down stairs)
- Strengthening exercises 2-3 times per week (e.g. gym, carrying heavy bags, yoga) Challenging balance activities 2-3 times per week (e.g. Get up & Go classes, Otago Classes, bowls, dancing)

Something is better than nothing, even if it is just breaking up long periods of sitting with regular walks around the house or doing some exercises in your chair.

Please note that chair based exercises, while beneficial for many other things, DO NOT prevent falls – exercises must challenge your balance if they are to be effective.

If you are already reasonably active, you still need to ensure your strength, balance and bone health is at its best. Tai Chi and any form of dancing are great activities to help your bones, muscles and balance.

If you need help or advice about the best activities for you speak to the Falls Management Service, a physiotherapist or appropriately qualified exercise professional. If you have pre existing medical problems it will be beneficial to discuss with you GP or relevant health professional before implementing an exercise programme.

For further information regarding community exercise opportunities for older people please contact Northants sport on 01604 366976 or look for Get up & Go classes on their website, or contact the Falls Management Service-[Falls@northamptonshire.gov.uk](mailto:Falls@northamptonshire.gov.uk).

Increasing physical activity also has other benefits like:

- Improving mood and helping anxiety or depression
- Breathing
- Improving sleep
- Reducing constipation
- Helping posture and pain

## Vision and Hearing

### **Vision**

Good eyesight is important for mobility, balance and negotiating obstacles within the environment.

You may not notice that your vision is changing but, as we age, we become less able to adapt to changes in light and darkness, to tell colours apart and to accurately see depth and distance. This can cause problems with bifocals / varifocals, even if they have been worn for years. If you do wear this kind of lens, take care on steps, stairs and patterned or uneven surfaces.

The older we get, the more common eye conditions such as cataracts, glaucoma and macular degeneration become but, with 70% of visual problems being correctable, it is extremely important to ensure that you have regular eye tests. Remember that eye tests are free if you are 60 or over and many opticians can visit you at home if you are unable to go out and about.

When your eyes are shut e.g. when washing your face or standing under the shower, and when there is not enough light to see properly e.g. going to toilet at night in the dark, your balance is compromised, so holding on for support at these times or turning a light on can reduce your risk of falls.

Further information can be found here:

[NHS eye health advice](#)

[Age UK eye health advice](#)

[Find an optician](#)

[Royal National Institute of Blind People](#)

### **Hearing**

Poor hearing can affect our orientation to the environment around us, increasing our risk of falls.

#### **What I can do:**

- Make sure you get your hearing tested if it deteriorates
- If you have hearing aids, make sure you wear them and they are in good working order. If you have NHS hearing aids, contact your local audiology department about their drop in maintenance sessions.
- Ensure devices such as doorbells and telephones are loud enough to hear

Poor hearing may be due to a wax blockage inside the ear. This can be resolved by using olive oil ear drops, available from chemists.

**Assistive technology** are pieces of equipment or software that are used to increase, maintain, or improve an individual's ability to perform daily tasks or to communicate, learn and live independent,

fulfilling and productive lives. It can aid you living at home independently when you have sensory, physical or cognitive difficulties. Services are available through the council or many items can be purchased independently.

## Memory

This may just be a gradual, permanent deterioration in your cognitive/ brain function associated with ageing but can also be associated with temporary problems such as stress, poor sleep, infection, certain medications, excessive consumption or withdrawal from drugs or alcohol.

If your memory or cognitive function issues are minor, you may find that keeping your brain active with puzzles and games or using visual prompts and lists as reminders can help.

If cognitive function further deteriorates, or a diagnosis such as dementia or alzheimers is made, this can result in impaired judgement, reasoning, orientation, coordination or insight which can then result in risk taking behaviours, which may lead to falls. The ability to recognise and interpret sight, sound and touch may also be affected which can lead to communication and movement difficulties.

We can help cognitive impairment by:

- Keeping distractions and instructions to a minimum
- Maintaining routine
- Reducing other falls risk factors, such as trip hazards and poor fluid intake
- Introducing assistive technology. Gadgets or devices that can help people with memory or cognitive function difficulties to live independently and safely. Local assistive technology services through Olympus, part of Northamptonshire adult social services, can advise and provide these products or multiple devices can be found online.

However introducing new equipment is often not appropriate for those with significant impairment as they are unable to learn a new skill, such as using a new walking aid safely. Increased support, monitoring and observation is a good management option.

If you or your friends and family have noticed a change in your memory or behaviour, it is important that you discuss this with your GP or other health professional. Lots of advice throughout this website advises on reducing falls risk, but specifically local services such as Northamptonshire carers or dementia connect can help support people looking after individuals with cognitive impairments.

For further information follow the links below:

[NHS information on memory loss](#)

[NHS information on Dementia](#)

[AgeUK Advice on Dementia](#)

## Nutrition and Hydration

Poor nutrition can result in a weakened immune system, tiredness, difficulties absorbing medication, impaired wound healing and a reduction in muscle and bone strength which may then lead to an increase in falls. Even if your weight is normal, if you are eating a limited range of foods, you could still be malnourished.

Good hydration is equally as important as water makes up two thirds of our body and is vital to help digestion and flush out toxins. Being dehydrated can cause headaches, confusion, dizziness (due to a sudden drop in blood pressure), constipation, urine infections, etc. which may all increase the risk of falls.

Signs that you are not drinking enough can include feeling thirsty, headaches, tiredness, dry mouth / lips, confusion, dark / smelly urine, constipation.

If you are unsure if you are eating a balanced diet or drinking enough fluid, try keeping a food / drink diary and comparing it to the guidelines below. There are many reasons that your diet may be poor such as small appetite, swallowing difficulties, difficulty sourcing or preparing food, illness and problems with dental health.

If you have difficulty shopping or preparing food, speak to family / friends who may be able to help or consider a meal or shopping delivery service. Contact social services if you are having particular difficulties preparing meals and other daily activities as they may be able to help.

Ensure your teeth or dentures are in good condition to help you eat and drink well.

If you are having problems with swallowing or choking on food please speak to your GP.

Try to eat a varied, balanced diet and maintain good hydration by eating / drinking:

- 2-3 portions of high protein foods every day such as meat, fish, eggs, nuts, beans, pulses, soya, tofu and other meat-free protein foods
- 2-3 portions of dairy foods every day such as cheese, milk and yoghurt or non-dairy alternatives like soya, almond or coconut milk (check packaging to ensure they are fortified with calcium)
- 1 serving of starchy food at each meal (e.g. bread, cereals, potatoes, pasta or rice)
- Some fruit and vegetables every day (fresh, frozen, tinned, dried or juiced)
- If you enjoy fish, go for oily fish such as mackerel, salmon, herring, trout, pilchards or sardines as these are rich in omega-3 fatty acids. Aim for 2 portions a week
- At least 6-8 glasses/mugs of fluid every day
- keep caffeine intake low as this can worsen dehydration
- Reduce alcohol intake

If you have diabetes please consult your GP or the diabetes team about making any changes.

If you are concerned about your nutrition, Supporting independence team (SIP) can support you on lifestyle advice. Contact SIP via [www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk).

Further information:

[NHS Eat Well](#)

[AgeUK Health Eating](#)



## Bone Health

Osteoporosis is a condition which causes reduced bone density and increases susceptibility to fracture (breaking a bone). It is more common in women due to bone loss occurring more rapidly after menopause. The likelihood of having osteoporosis increases if you:

- Have ever broken a bone following a minor bump or fall (over the age of 50)
- Have a low BMI
- Have a family history of osteoporosis or hip fracture
- Are a current smoker or drink more than 3 units of alcohol per day
- Have taken oral corticosteroids (e.g. Prednisolone) for more than 3 months
- Have a diagnosis of Rheumatoid Arthritis
- Have Type I diabetes, untreated hyperthyroidism, chronic malnutrition/ malabsorption, chronic liver disease
- Have gone through a premature menopause (<45 years) without taking HRT

If you have broken a bone after a minor bump or fall and haven't discussed your bone health with another professional, it is important to see your GP, or relevant health care professional so your bone health can be assessed. Diet and lifestyle changes can help to keep your bones as strong as possible, regardless of whether you have osteoporosis or not:

- Stop smoking as this can damage the bone building cells in your body
- Keep your alcohol intake low – excessive alcohol can destroy bones and make you unsteady
- Try to take some sort of weight bearing exercise
  - If you have not broken a bone before, exercise which encourages moderate impact as jogging, jumping, stamping would be beneficial.
  - If you have had a previous fracture or are diagnosed with osteoporosis, The Royal Osteoporosis Society can guide you as to which exercises may be suitable for you. Alternatively speak to your physiotherapist
- Ensure your Vitamin D intake is sufficient. We get most of our vitamin D from sunlight and most people in the UK get enough vitamin D by spending 15 minutes in the sun three times a week. It is recommended to take Vit D supplements, particularly over the winter months or if you do not go outdoors. These are available in supermarkets or pharmacies
- Ensure you include plenty of calcium in your diet (1000mg a day)

### The Royal Osteoporosis Society

## Feet and Footwear

Trimming your toenails using a long handled file after bathing, when they are softer, can make them easier to manage independently.

If you struggle or you have foot problems that you cannot manage yourself, a podiatrist or chiropodist can help. This is especially important if you have diabetes or poor circulation.

Northamptonshire School of podiatry provides a nail care service, and applications can be made via the Northamptonshire university website.

If you have lost the feeling in your feet, you may have reduced balance. Consider the use of aids to support you, and good lighting to help your vision assist and with your balance further.

Try to wear footwear that protects and supports your feet with non-slip soles that are not too thick. Avoid high heels or backless footwear as they are more likely to cause you to trip. If you have lost the arches in your feet, have flat feet, wear some shoes with a small arch support or consider some insoles.

Sloppy slippers are known to increase the risk of falls, as they do not keep your feet in a good position to aid with balance, and can be a trip hazard. A supportive, fastening pair of house shoes is recommended to support your feet when you are in the house.

Always wear hosiery (socks, stockings, tights) with your shoes and slippers. This will not only help keep your feet warm, but will also prevent footwear rubbing against your feet. Make sure your socks are not too tight.

Keep your feet elevated if they are swollen.

Don't forget to keep the skin on your feet cleaned and well moisturised. Hardened skin or calluses can affect your balance.

For further information:

[What is Podiatry](#)

[Find a Podiatrist](#)

## Bladder / Bowel

- Strong urge to urinate
- Urine infections
- Passing urine more than 10 times in 24hrs
- Having to go to the toilet more than twice nightly
- Constipation - having hard bowel movements less than 3 times a week
- Diarrhoea - loose watery faeces that need to be passed urgently
- Difficulty accessing toilet
- Undressing safely and quickly enough when going to the toilet. Or being able to dress again after, without hand support.

These issues can be exacerbated by poor hydration and high caffeine and / or alcohol intake.

How can I help manage incontinence:

You can help to keep your bladder and bowel healthy by drinking 6 to 8 cups of fluid per day and minimising any drinks containing caffeine or alcohol.

Eating a balanced diet with plenty of fibre e.g. wholegrain bread, cereals, peas and beans and fruit and veg, can help to ease constipation.

Maintaining a healthy pelvic floor (a 'hammock' of muscles located at the base of the pelvis, which support bladder and bowel control).

Gents should get a prostate check from the GP if you have a change in your bladder habits.

If you find it difficult getting to the toilet at night, a commode or urinal may be helpful. Speak to your GP or health professionals, such as the Falls Management service or Community Occupational therapy about a toileting assessment, if you are having on-going issues and require further support.

Consider your clothing and whether you can manage to dress or undress appropriately when going to the toilet, for example elasticated trouser tops are easier to manage than fastenings and belts.

If you have continence aids, such as pads, make sure you can manage them independently. If they are not suitable for you, please contact the continence service via the single point of access on 0300 777 0002/ [Northamptonshire.spoa@nhs.net](mailto:Northamptonshire.spoa@nhs.net), or nursing teams about alternative products.

### Pelvic floor exercises

## Managing your Fear of Falling

The more worried you become, the less likely you are to keep active which, in turn, makes you more likely to fall again. You may find that you are more careful with your walking, start to slow down your pace or you begin to leave the house less often. These are very common behaviours and it may mean you've lost some of your confidence when getting around. It is important to remember that there are lots of things that you can do to reduce your risk of falling and improve your confidence. Working through the self-assessment tool on this website is a great start.

Having a falls plan in place can help to reduce anxiety and will reduce the likelihood of being on the floor for a long time.

If you are hurt or unable to get up:

- Summon help by using your pendant alarm, calling out, crawling to a telephone, using a mobile phone, emergency pull cords (if available), or banging on a wall
- Make sure there are blankets in each room so that you can keep warm
- Move to a softer surface if you are able
- Change position regularly if you are able

If you are unhurt and feel you can get up:

- Rest a few moments, take a few deep breaths and allow the shock to ease
- Roll over onto your hands and knees
- Crawl to a stable piece of furniture such as an armchair and use this to assist you with getting up, or get someone to bring something to you
- Raise your stronger leg, lean some weight onto your arms, and push through your leg, and arms to raise yourself
- Turn and sit on a chair or bed and rest for a while

If you cannot kneel to get up, bottom shuffle/ bottom walk to the bottom of the stairs and gradually raise you bottom up the steps, until you are high enough to stand.

Alternatively, if you have no stairs, gradually raise up onto furniture by pulling the sofa cushion off the base, sit on it, then raise yourself onto the sofa base, then move across to the sofa with the cushion. Rest before you try and stand up.

If you are worried about falling when you are alone at home, you might want to get a pendant alarm to enable you to call for help even if you can't reach the telephone.

There are also telecare sensors available such as falls detectors for people who would not be able to press a pendant alarm.

Alternatively carry a mobile phone with you at all times- but keep it charged and make sure you know how to use it.

### **Remember**

- If you have had a fall, try not to worry about it too much. There are plenty of things you can do to minimise your risk of it happening again
- If your worries are not going away, try talking to someone about it
- Try relaxation exercises if you feel anxious. This may include listening to music, reading a book, deep breathing exercises or imaging a pleasant and relaxing place or scene
- Set yourself small goals to build back up to your usual activities – e.g. walk for a short distance first
- Think about all the times you haven't fallen and try to maintain your usual levels of activity

### **Complete a self-assessment and develop an action plan**

## Sleep and Falls

### **What I can do:**

- Limit your daytime sleep
- Be as active as you can during the day
- Have a set bedtime routine
- Milky drinks before bedtime may help
- Tea and coffee later in the day are likely to keep you awake. Try switching to decaffeinated versions of your favourite drinks
- Play music you enjoy or that is especially good for relaxation before going to bed
- Try not to worry about the things you cannot change

It is important to sleep in bed whenever possible as it helps to improve circulation, to reduce swelling in limbs, and ensures all muscles in the body are in a relaxed state when lying in bed.

Sleeping pills are a common risk factor for falls, especially if you find yourself falling in the night or in the morning. If you are on regular sleeping pills, you may wish to speak to your GP about this.

Fatigue and boredom can also affect how alert we feel, which can increase falls risk. Keep to a good routine and try to keep your mind active by doing crosswords, reading the paper etc. Avoid sleeping for too long during the day, and pace yourself to manage fatigue.

### **Rolling out of bed**

If you are rolling out of bed as you are asleep consider;

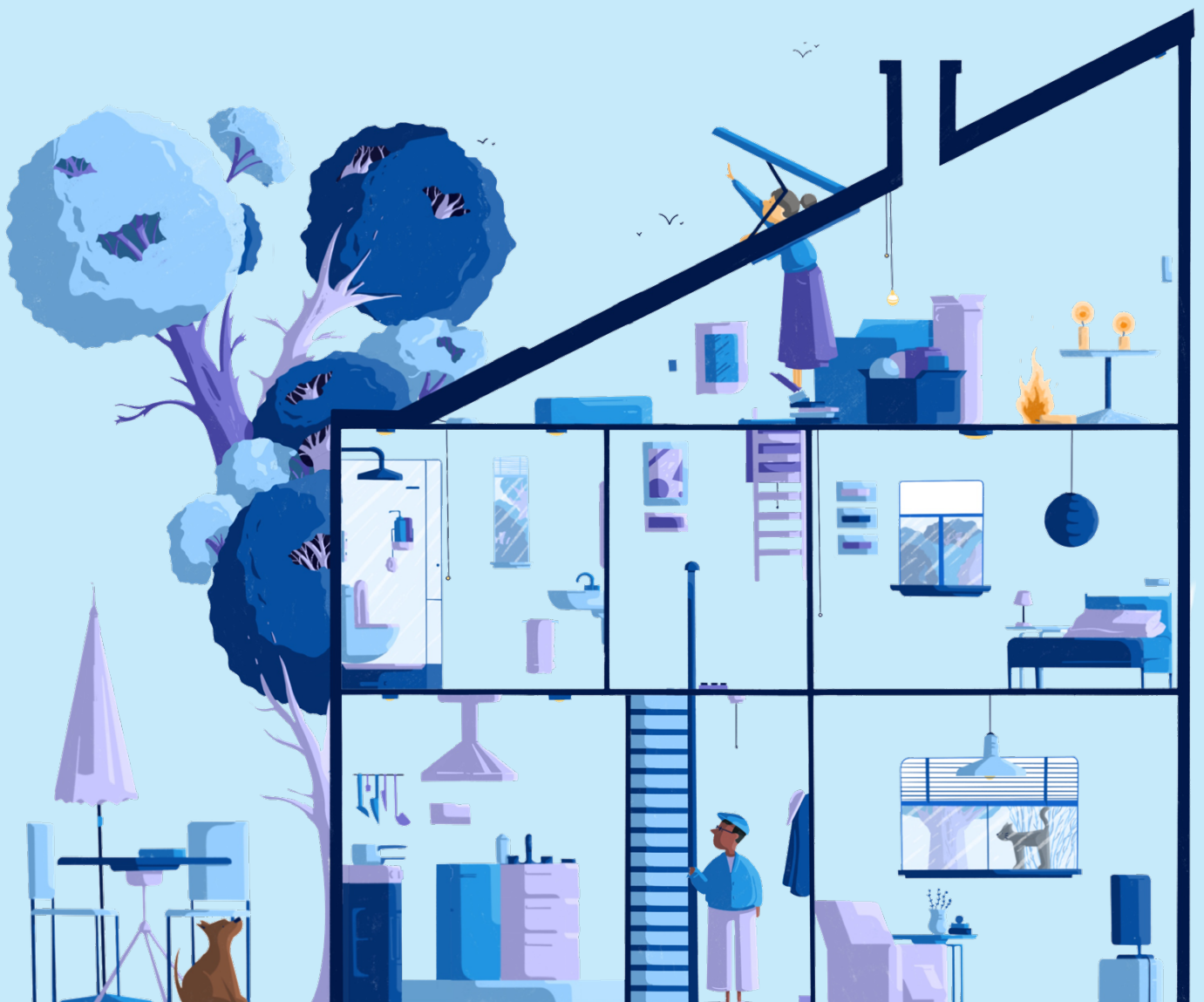
- Changing the side of bed you sleep on, or sleep more centrally in the bed.
- Review night time sedatives (sleeping tablets) as this could contribute to this.
- Place a small towel under the edge of the fitted sheet to create a small barrier to alert you to being near the edge of the bed.
- Elevate the edge of the mattress

If you are falling from the bed when you are trying to get in or out, consider:

- Adapting the height of the bed- if it is too low it is easy to get in but hard to get out off
- If the bed is too high- it will be hard to get in, and you may 'slide' out. Remove casters, or invest in a shallower mattress
- The sheets are too slippery.
- The edge of the mattress is too soft.

Bed handles to assist with bed transfer, for this speak to Occupational therapy or other health professionals for advice.

# Home Safety



## Home Safety

### Living Room / Lounge

Your living room is usually where you spend most of your day. That's why it's essential to make sure it's a safe space to move around freely. Our guidance helps prevent falls and ensure your comfort.

Do you have casters under chairs which makes them likely to slide as you get up?

Casters make furniture easier to move but can cause a problem if they slide back just as you are getting up. Either remove the casters or fit cup shaped carpet savers underneath.

Can you get in and out of your chair safely?

If your chair is too high or too low it may need adjusting to make it easier to get in and out of.

Make sure you prepare yourself to stand easily and safely.

- Move your bottom to the front of the chair,
- Use your hands on the arms rest,
- Lean forwards, nose over knees
- Using your leg muscle, and hands for balance, stand.

If you sit on a sofa, make sure you sit near the arm rest, to help you get up.

**Do you have other chairs in your house which are a better height for you?**

Get someone to swap them over for you.

The safest way to raise a chair is with special raising equipment underneath the chair, please seek an assessment for this. Adding too many cushion to the chair makes the chair soft and unstable, and reduces the effectiveness of the arm support.

**Are you sitting comfortably?**

It is important that you maintain a good posture in your chair, make sure your back is supported, by pushing your bottom all the way back in the chair. Try not to slouch too much by letting your bottom slide forward, as good posture helps your movement and balance.

***Do not sit too long, activity little and often is best.***

Do you have to lean or reach to open windows or curtains because furniture is in the way?

Ask someone to help you re-arrange the furniture so that your windows are more accessible, or



consider curtain draw rods or easy reach aids.

## Fire Safety

- Make sure electrical wires and plugs are maintained and don't overload sockets and if it is not in use SWITCH IT OFF!
- Don't dry clothes close to a heat source – they may catch fire from radiated heat
- If you smoke make sure you put it out, right out in an ashtray and empty ashtrays regularly

## Kitchen

Your kitchen can be a bustling area, but it's crucial to maintain safety to minimise your risk of falling. Our easy-to-follow advice helps you identify hazards and enhance safety in the kitchen.

Is there a risk of falling on wet flooring especially near the sink and washing machine?

Non-slip mats, a fitted carpet or carpet tiles should be used. Wet floor areas should be mopped as soon as possible.

Is everything within easy reach without stretching or climbing on chairs/stools etc?

Stretching and reaching above head height can make you feel dizzy and there is a temptation to climb up on chairs to reach something. Things, which are used regularly, should be on the 'easy to reach shelves'.

If steps have to be used are they secure with a handrail and system to keep the legs locked?

Never use a chair or a stool to stand on. Properly designed steps can be used in reasonable safety if you are fit enough. They must be designed with an effective handrail and with an easily applied lock for the legs. If possible ask someone else to help.

**Do you struggle to get things in and out of an oven?**

Would using a counter top oven, or microwave reduce the risk of injury from reaching for hot food items?

Do you struggle to carry items from the kitchen to dining area?

You might benefit from a kitchen trolley. Trolleys are not recommended as a walking aid, they are to carry small items from one place to another. If you are unsteady on your feet you will need an assessment to see if a trolley is safe for you to use.

Do not over load your trolley- it is not a storage area. Storing items on the trolley will make it harder and more unpredictable to move.

Some smaller pieces of equipment can be self-purchased to make kitchen tasks easier. For example, 'one cup' kettles to reduce the risk of carrying a heavy kettle of water or cooking baskets to stop the risk of carrying a heavy saucepan of hot water to drain.

## Fire Safety

- Chuck out your chip pan – they are very dangerous and cause thousands of fires each year across the UK
- Stand by your pan – make sure you don't get distracted when cooking if you need to leave the room turn it off
- Don't put metal in the microwave
- Don't wear loose clothing when cooking and keep tea towels away from the hob
- Washers and Dryers can cause fires so only use when in the home and switch off when not in use

## Bedroom

Your bedroom should be a sanctuary. But it's also a place where the risk of falling increases. By making small changes, you can create a safer and more comfortable environment, while reducing risk.

Do you feel safe getting in and out of bed?

Consider if your bedding / clothing is increasing the risk of slipping from the bed. Is your bedding trailing on the floor creating a trip hazard?

Consider if your mattress is too soft and not providing support, or your bed is too high or too low.

Is there a light that can be turned on and off from the bed?

Fit a pull cord for the main light within reach of the bed. A bedside lamp is an alternative though may be a fire hazard if it is permanently plugged in.

A battery powered push light fitted next to the bed is a good solution.

Always use a light when going to the toilet at night.

Is there a telephone next to your bed?

It is useful to have a telephone in your bedroom.

Ensure your pendant alarm, if you have one, is within reach when you are in bed.

***DO NOT leave mobile phones charging overnight – Fire Risk***

**Is your clothing too long?**

Make sure night dresses, dressing gowns, or pyjama bottoms are not too long creating a trip hazard. Make sure you have somewhere stable to sit when getting dressed or undressed.

## Fire Safety

- Never smoke in bed
- Don't fold electric blanket and check for wear and tear before use – make sure you switch off before bed
- Have a bedtime routine – switch off electricals, close internal doors and make sure your escape route is clear
- Emollient skin products ( for a variety of skin conditions such as psoriasis, eczema, ulcers and bed sores) are safe to use but can leave a flammable residue on clothes or bedding so no naked flames or cigarette.

## Bathroom

Your bathroom can be one of the most high-risk places for potential slips and falls. But by addressing safety measures, you can minimise the risk of falls and ensure a secure and comfortable bathroom experience.

Is there a risk of falling on wet vinyl or tiled flooring?

Non-slip mats, a fitted carpet or carpet tiles should be used. Wet floor areas should be mopped as soon as possible.

Can you access the bath and/or shower safely?

Non-slip rubberised mats are readily available. A grab rail may improve your safety / confidence. If you are unable to bathe safely, you may benefit from further assessment.

Getting washed and dried can be very tiring and is hard on your balance, sit on the toilet or a suitable stool when able.

Can you get on and off the toilet safely?

A grab rail may be helpful instead of using a radiator or any other bathroom fittings for support. A handy person would be able to install one.

Is the toilet roll in easy reach, to prevent over stretching?

Avoid rushing, for example make sure you go to toilet in plenty of time

**Do you only have a toilet upstairs?**

If you struggle to get up or down the stairs, consider a commode or other aid downstairs, such as a urine bottle to enable you to get to the toilet in time. Remember you may need some assistance to empty it.

## Stairs and getting about the house

Safely navigating your way around your home is essential for preventing falls. With our assistance, you can identify and address hazards, enhancing falls safety and quality of life inside the home.

Are staircases and landings well lit?

Routes should be kept illuminated when they are in use and ensure that light switches are easily reached.

Is there a two way light switch present (e.g. a switch at both the top and bottom of stairs)?

Have an electrician fit a two way lightswitch. Consider the local council 'handy person scheme'.

Do you feel stable when going up and down the stairs?

It is essential to have a handrail, even on small flights of stairs. Additional ones can be fitted by the local handyperson scheme. Consider minimising journeys up and down the stairs.

When you walk through a room, do you have to walk around furniture?

Consider moving things so that your path is clear. Ask someone to help if needed and always use your walking aid as instructed.

Check any walking aid you use is measured up for you and is in good condition.

Are there papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?

Pick up things that are on the floor and always keep objects off the floor. A 'helping hand' may reduce stooping / overreaching.

Do you have to walk over or around cords or wires (e.g. cords and wires from lamps, extension cords or telephone cords)?

Coil or tape cords and wires next to the wall so they are not a tripping hazard. If possible have an electrician put in another socket.

Do you have a letterbox cage to avoid stooping to pick up your letters?

These are quite easy to fit, and apart from saving you from stooping, will also stop papers being spread across the floor just inside the doorway which could make you slip. (Available at DIY stores and the handy person scheme can fit)

Do you have loose rugs or runners on the floor?

Remove the rugs and runners or use non slip matting beneath the rugs to prevent them from slipping.

If you fall do you have a system for calling assistance?

A personal alarm pendant is a good way of doing this, and there are a number of schemes available - see contact details. Or make sure you carry your mobile phone with you where ever you go. (Make sure it is charged and you know how to use it!)

Are the carpets in good condition and not frayed?

Worn carpets are a major cause of serious falls and should be replaced or secured.

**Plan ahead!**

Avoid rushing, for example make sure you go to toilet in plenty of time.

Pace yourself to prevent fatigue. Don't leave it too late going to bed

**Do you struggle to answer the door in time?**

Consider a key safe put in a discreet place for family, friends and care providers to allow them self access.

If you feel that you are struggling with your environment or coping within your home, please discuss with your family or contact social services, or local charities such as Age uk about more support.

## Fire Safety

- Make sure you have a working smoke alarm on each level of your home and test it regularly. Local fire services or handy man service can support with this. Assistive technology services can support with specialised alarms for those with sensory impairment

## Garden and getting in and out of the house

Navigating the outdoor areas around your home, including paths, steps and the garden, requires attention to safety.

Are paths clear of leaves and overgrown plants?

Keeping your garden tidy and free of obstacles will make it safer

Are your paving stones free of moss and algae?

Moss and algae can become slippery when wet; prune over hanging plants and branches to improve light and air circulation. You can buy products to remove algae or ask someone to remove it with a pressure washer

Do you have any uneven or broken paving slabs?

Ask someone to replace or straighten them up

Are your flower/vegetable beds at ground level (rather than in containers or raised beds)?

Try not to spend too long in one position and take care when standing up from a bent over position

Try to alternate activities between seated ones and standing ones.

Consider container gardenin, raised beds or long handled gardening tools.

Do you have high step(s) to get in and out of the property?

You may benefit from an additional step and / or grab rails

**Remember to use your walking aid (if you use one) outdoors as well.**

Do you have the space to store your outdoor walker in the house, or an appropriate outside storage facility and that you can get them out to use safely?

**Is the lighting at the properties entrance and exit sufficient?**

Remember to check lighting outside of your house as well

If you have concerns about local highways, paths or lighting contact Northamptonshire Street Doctor online or your borough council.

If you have problems with moving refuse or wheelie bins for collection please contact your borough council.



## Fire Safety

- Store wheelie bins and rubbish securely away from property and bring bins back in as soon as possible after rubbish collection

## Sensory Support

Navigating a home safely is essential for everyone, especially for those with sensory impairments.

Do you have adequate lighting in your home?

Ensure that you have the correct level of lighting in your home. If you need brighter lighting fluorescent bulbs are brighter and cost less to use

Are the lighting levels in your home consistent?

It is safest to have similar lighting in a room. Add lighting to dark areas and you can hang lightweight curtains or shades to reduce glare.

Is the path from your bed to the bathroom dark?

Put in a night light so that you can see where you are walking. Night lights are low energy lights which plug into a mains socket. A dusk to dawn light will switch on and off automatically

Do you have regular eye checks?

Have your eyes checked by an optician at least once a year and update your glasses. Opticians can visit you at home if you are unable to get out.

Assistive technology is available to aid those who cannot hear alarms and door bells etc.

## Fire Safety

Ensuring fire safety in your home is crucial, not only for preventing fires but also for reducing the risk of falls. These key considerations and tips will create a safer home environment.

Do you have working smoke alarms in the correct positions in your home and are you aware of the fire risks within your home?

Keep as clutter free as possible, especially walk ways, to reduce your fire risk.

Ask help to test your fire alarms regularly.

Make sure electrical wires and plugs are maintained and don't overload sockets and if it is not in use SWITCH IT OFF!

Don't dry clothes close to a heat source – they may catch fire from radiated heat

If you smoke make sure you put it right out in an ashtray and empty ashtrays regularly

For support on fire safety issues:

Northamptonshire Fire and rescue service have online home safety checks or can visit your home for a home safety check to provide safety advice, make recommendations and fire exit strategies.

Please go to their website for further information: [www.northantsfire.gov.uk](http://www.northantsfire.gov.uk)

Specialist alarms are available for those with sensory deficit through assistive technology services and local and national charities.

This checklist has been designed to help you identify hazards and reduce the risks that can contribute to you falling in your own home.

**Click on the rooms and you will be provided with a series of questions and tips to help you to identify hazards and improve the safety in your home**

# Staying Active



## Staying Active

### Introduction

Keeping physically active has many benefits. For older people in particular, it has been shown to reduce the rate of falls, reduce the risk of fractures (broken bones), increase confidence and increase overall quality of life.

Aim to do some form of daily physical activity for example Gardening, Walking or specific exercises, building up gradually to 2.5hrs of moderate intensity activity every week.

To prevent falls, exercises and activities must challenge your balance, therefore need to take place in standing, with strengthening exercises to support this. The aim should therefore be, within your daily activity Strength and Balance related exercises 2-3 times a week for 30 minutes.

If you are already reasonably active, you still need to ensure your strength, balance and bone health is at its best. Otago exercises such as Northamptonshire sports Get up and GO classes, Tai Chi, and dancing, etc. are all great activities to help with balance, fitness and wellbeing. Aim to choose something you enjoy, this will help you stick to it in the long term.

Joining an exercise class has the added benefit of increasing your social contact and can help to motivate you to continue.

If you are less active, or not active at all, remember that something is better than nothing, even if it is just breaking up long periods of sitting with regular walks around the house or doing some exercises in your chair. Please note that chair based exercises, while beneficial for many other things, DO NOT prevent falls.

It may be beneficial to attend an exercise class specifically designed for older people, which can be provided by Northamptonshire sport, or if you are not ready for a class, review the exercises on the Steady on your feet website for some ideas. Alternatively contact the Falls Management service, Physiotherapy or other qualified exercises instructors on ideas how to start some falls prevention exercises.

#### Before exercising:

- Ensure that you have something to hold onto that is sturdy and stable (a kitchen worktop is ideal).
- Wear supportive footwear
- Have a glass of water to hand
- Begin with activities that you can do comfortably. Start slowly and build up gradually
- Speak to your GP or appropriate health professional, if you have a heart condition, or other medical condition that makes exercising difficult

#### While exercising

- If you experience chest pain, dizziness or severe shortness of breath, stop immediately and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising)
- If you experience joint or muscle pain, stop, check your technique and position and start again. If you continue to experience pain, you may need some further guidance from a physiotherapist or appropriately qualified exercise instructor
- Remember that feeling your muscles working or slight muscle soreness the next day after exercise is normal and shows that the exercises are working
- Check your posture regularly and ensure that you are standing upright throughout
- Do not hold your breath while you exercise

### **After exercising**

- Have a glass of water and a rest, you've earned it!
- Fill in your exercise diary and make a note of any issues or achievements. This will help you to monitor your progress and make sure you are exercising frequently
- Plan your next exercise session – aim to complete these strength and balance 3 times a week. If you plan it, you are more likely to do it.

Useful links for keeping active:

[Northamptonshire Sport - Get Up & Go](#)

[Age UK Northamptonshire - Activities & Events](#)

[Walking in Northamptonshire - Clubs & Activities](#)

[North Northamptonshire Council - Country Parks](#)

## Guidelines and Advice

From recommendations for daily activity to strength, balance, and flexibility exercises, this page provides valuable insights to help you stay physically active and prevent falls.

Before diving into an exercise routine, we've included important preparations to ensure your safety and well-being. Explore these expert recommendations and take your first steps towards healthy, independent and safer ageing.

### Physical Activity Guidelines for Older Adults

For individuals aged 65 and over, the following guidelines provide a framework for staying physically active:

- **Daily activity:** Strive to engage in some form of physical activity every day, even if it's light in intensity. This could involve a leisurely stroll, gentle stretching, or basic mobility exercises.
- **Strength, balance, and flexibility:** Incorporate activities that specifically target the improvement of strength, balance, and flexibility into your routine on at least two days a week. These exercises are invaluable for maintaining stability and preventing falls.
- **Moderate or vigorous activity:** Aim for at least 150 minutes of moderate-intensity activity each week. If you are already active, consider engaging in 75 minutes of vigorous-intensity activity weekly. Alternatively, you can combine both moderate and vigorous activities to reach your target.
- **Break up sitting time:** Reduce prolonged periods of sitting or lying down by breaking them up with short bursts of physical activity. Even simple movements, like standing up and stretching, can contribute to your overall well-being.

Before embarking on your exercise routine, it's essential to make some necessary preparations:

- **Sturdy support:** Ensure you have something sturdy and stable to hold onto during exercises. A kitchen worktop is an ideal choice.
- **Supportive footwear:** Wear supportive footwear that provides stability and comfort.
- **Stay hydrated:** Keep a glass of water within reach to stay hydrated during your workout.
- **Start slowly:** Begin with exercises that you can comfortably manage. Start at a slow pace and gradually build up your routine.
- **Medical consultation:** If you have a heart condition or any other medical condition that may affect your ability to exercise, it's advisable to consult with your GP or healthcare provider before starting an exercise regimen.

These simple preparations will help ensure a safe and effective exercise session, tailored to your individual needs and capabilities.

## Sitting Exercises

Whether you've been away from regular exercise or simply prefer seated routines, these exercises are gentle and easy to follow.

### Getting Started

Before you begin, ensure you have a solid, stable chair without wheels. This chair should allow you to sit with your feet flat on the floor and your knees comfortably bent at right angles. Chairs with armrests should be avoided as they can restrict your movement.

### Dress Comfortably and Stay Hydrated

Wear loose, comfortable clothing that allows for easy movement. Keep a bottle of water within reach to stay hydrated during your exercise session.

### Gradual Progression

Remember, building up your exercise routine gradually is key to success. Start with a manageable number of repetitions for each exercise, and over time, aim to increase the repetitions at your own pace.

### Consistency Is Key

For optimal results, aim to incorporate these seated exercises into your routine at least twice a week. Combining them with other exercise routines can further enhance your overall well-being.

By engaging in these seated exercises, you are taking proactive steps to maintain your mobility, improve your strength, and reduce the risk of falls. Exercises can be adapted to your fitness level, ensuring that you can comfortably and safely enjoy the benefits of physical activity. Try to do these exercises at least twice a week. While beneficial for general health, on their own, chair-based exercises do not prevent falls – exercises must challenge your balance to do this. That's why it's important to combine these with other routines and activities.

<https://www.youtube.com/watch?v=LlscrrsIMxc> <https://www.youtube.com/watch?v=7gZZFUbsvpw>  
<https://www.youtube.com/watch?v=nZpp5xcleVw> <https://www.youtube.com/watch?v=2w80Gul-Syl>  
[https://www.youtube.com/watch?v=0I9jj\\_vD5GM](https://www.youtube.com/watch?v=0I9jj_vD5GM)

### NHS Sitting Exercises



## Strength Exercises

Whether you've taken a break from exercise or are just starting, these gentle exercises are straightforward to follow.

### Prepare Your Space

To get started with chair-based strength exercises, you'll need a stable chair that doesn't have wheels and won't slip on the surface it's placed on. Ensure that you can comfortably sit with your feet flat on the floor and your knees bent at right angles. Chairs with armrests should be avoided as they may limit your range of motion.

### Dress Comfortably and Stay Hydrated

Choose loose, comfortable clothing that allows for freedom of movement. Keep a bottle of water within reach to stay well-hydrated during your exercise session.

### Gradual Progression

Remember that progress is achieved through gradual increments. Begin with a manageable number of repetitions for each exercise, and as you become more comfortable, aim to incrementally increase the repetitions over time.

### Consistency Matters

For the most effective results, incorporate these strength exercises into your routine on a regular basis. Consistency is key to improving your overall health, mobility, and strength.

By incorporating these gentle strength exercises into your day, you're actively enhancing your health and mobility. These exercises can be tailored to suit your fitness level, ensuring that you can safely and comfortably enjoy the benefits of regular physical activity.

<https://www.youtube.com/watch?v=vv0lgUuQosE> <https://www.youtube.com/watch?v=fqltYG4Bfes>  
<https://www.youtube.com/watch?v=M0ampRReDXA> [https://www.youtube.com/watch?v=0I9jj\\_vD5GM](https://www.youtube.com/watch?v=0I9jj_vD5GM)  
<https://www.youtube.com/watch?v=90Khz0gNmug>

### NHS Strength Exercises

### NHS Strength and Flexibility Exercises

## Flexibility Exercises

Whether you're returning to exercise after a break or starting anew, these exercises are gentle and designed so you can simply follow along.

### Prepare Your Space

Ensure you have a comfortable, uncluttered space for your exercises. Wear loose, comfortable clothing that allows for freedom of movement. Keep a bottle of water handy to stay hydrated during your routine.

### Gradual Progression

Don't worry if you haven't been active for a while. These exercises are beginner-friendly. Start with a comfortable number of repetitions for each exercise and gradually increase them over time. Consistency and patience are key to making progress.

By incorporating these flexibility exercises into your routine, you'll be actively enhancing your health and mobility. These exercises are adaptable to your fitness level, allowing you to enjoy the benefits of improved flexibility and overall well-being.

<https://www.youtube.com/watch?v=cH6gfWu216A> <https://www.youtube.com/watch?v=2w80Gul-SyI>  
<https://www.youtube.com/watch?v=vv0lgUuQosE> [https://www.youtube.com/watch?v=J7BcXbsy1\\_Q](https://www.youtube.com/watch?v=J7BcXbsy1_Q)

[NHS Flexibility Exercises](#)

[NHS Strength and Flexibility Exercises](#)

## Balance Exercises

Whether you're reinitiating exercise or starting fresh, these exercises are designed to improve balance and help you move around.

### Create a Safe Environment

To ensure safety, consider performing these exercises near a wall or a stable chair just in case you need support. Wear loose, comfortable clothing that allows for freedom of movement, and have a bottle of water within reach to stay hydrated during your workout.

### Gradual Progression

If it's been a while since you last exercised, don't worry. These balance exercises are suited for beginners. Begin with a comfortable number of repetitions for each exercise, and gradually increase them over time. Patience and consistency will help you make steady progress.

By incorporating these balance exercises into your routine, you'll actively improve your health and mobility. These exercises can be adapted to your fitness level, ensuring that you can comfortably and safely enjoy the benefits of enhanced balance and overall well-being.

<https://www.youtube.com/watch?v=ujoD1l4fnP4> <https://www.youtube.com/watch?v=C0nVlrJ26dw>  
[https://www.youtube.com/watch?v=A28iwwa1J\\_M](https://www.youtube.com/watch?v=A28iwwa1J_M) <https://www.youtube.com/watch?v=mrPjjFlp9wo>  
<https://www.youtube.com/watch?v=E0Mez6c7Pk0> [https://www.youtube.com/watch?v=KtE2\\_SmXmT8](https://www.youtube.com/watch?v=KtE2_SmXmT8)  
<https://www.youtube.com/watch?v=1jrC9NdH3EE> <https://www.youtube.com/watch?v=HiDpYePaUHg>

### NHS Balance Exercises

## General Exercises

They are beneficial for general health, and are perfect to add to your routine alongside more strength and balance-based activities.

<https://www.youtube.com/watch?v=w3VICljvWsY> <https://www.youtube.com/watch?v=J6HGXUS7IYI>  
<https://www.youtube.com/watch?v=YpC1zw7VPGE> <https://www.youtube.com/watch?v=bqr5Wcru9N4>  
[https://www.youtube.com/watch?v=u2Bf\\_QnxLtw](https://www.youtube.com/watch?v=u2Bf_QnxLtw) <https://www.youtube.com/watch?v=vG2h46j-VAs>  
<https://www.youtube.com/watch?v=Z0TokrUpv8Q> <https://www.youtube.com/watch?v=ONvVm0FpsII>  
<https://www.youtube.com/watch?v=-bPfqpSMin8> <https://www.youtube.com/watch?v=jVyKoHIQAYa>  
<https://www.youtube.com/watch?v=-w4XgMBpsqk> <https://www.youtube.com/watch?v=EXtBT-WAu4g>

## Freedom To Move

Being active doesn't have to require a costly investment. Teaming up with Bill Bailey, We Are Undefeatable has created three easy to follow videos that show you the free ways you can stay active through everyday activities that are suited to everyone's capabilities.

<https://www.youtube.com/watch?v=GbfOPpHfLoc> [https://www.youtube.com/watch?v=Hs\\_r9WEkg6w](https://www.youtube.com/watch?v=Hs_r9WEkg6w)  
<https://www.youtube.com/watch?v=jMAxBbFd1cg> [https://www.youtube.com/watch?v=nDz\\_MRkJFC4](https://www.youtube.com/watch?v=nDz_MRkJFC4)

We Are Undefeatable: Freedom To Move

## 5 Five In Five

Designed for people living with long term health conditions but also useful for older adults, these five minute mini-workouts are completely customisable to suit your needs and ability.

<https://www.youtube.com/watch?v=ayRZ9dpb9G0>

Getting started is simple. Download the Five In Five booklet to find different mini-workouts. Each one includes five movements which you can do seated or standing for one minute each, to build a five minute workout.

Whether you want to improve your strength, unwind and relax, or just have a bit of fun, there's bound to be a Five In Five that suits you.

[We Are Undefeatable: Five In Five Booklet](#)

[We Are Undefeatable: Five In Five](#)

## NHS Resources

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke. We've gathered some simple and handy exercises from the NHS to support healthy and active ageing.

Discover a wealth of expert guidance on staying physically active, enhancing strength and balance, and the benefits of an active lifestyle during later years. Explore these NHS resources and start to reduce your risk of falls, and enjoy a healthier, more active life.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

[NHS UK: Sitting Exercises](#)

[NHS UK: Strength Exercises](#)

[NHS UK: Flexibility Exercises](#)

[NHS UK: Strength and Flexibility Exercises](#)

[NHS UK: Balance Exercises](#)

## Find Local Exercise Classes

These classes, which often cover activities like aerobic exercises, tai chi, dancing, or bowls, are enjoyable and tailored to older adults.

Beyond the fitness benefits, joining an exercise class boosts your social interactions, providing opportunities for new friendships and shared motivation. A group dynamic can also help keep you motivated and committed to your goals.

### Staying Active

Northamptonshire Sport Get Up & Go is part of a county-wide falls prevention programme supported by Public Health & the NHS.

It provides strength and balance exercise classes for older adults or those who have a fear of falling, had a fall or are at risk of falling.

Learn more at [Northamptonshire Sport Get Up & Go website](#).

[Northamptonshire Sport Get Up & Go website](#)

For more information on the community and iCAN Get Up & Go programmes, please contact:

#### **Community Get Up & Go - Katy Downing, Programme Lead (Get Up & Go)**

Tel: 07955 441975

Email: [Katy.Downing@northamptonshiresport.org](mailto:Katy.Downing@northamptonshiresport.org)

#### **iCAN Get Up & Go - Jude Stone, Programme Lead (iCAN Get Up & Go)**

Make a referral to iCAN Get Up & Go

Tel: 07955 437523

Email: [jude.stone@northamptonshiresport.org](mailto:jude.stone@northamptonshiresport.org)

#### **Find a Get Up & Go class - Northamptonshire Sport**

Get Up & Go strength and balance classes are aimed at individuals who have had a fall, have a fear of falling or at risk of falling. The classes are delivered by qualified OTAGO Exercise trained instructors. To gain the most benefits from the class, individuals should aim to attending weekly and practicing some of the exercises at home between classes.

[Find a Get Up & Go class](#)

### Find the Right Class

Seek out exercise classes specifically designed for older individuals. Ideally, consider classes aimed at falls prevention, often labelled as "postural stability" or "Otago" programs.



Local leisure centres, authorities and voluntary organisations can provide more information on available classes:

[Move It Or Lose It: Find My Nearest Class](#)

[Age UK: Exercise and Physical Activity Classes](#)

## Exercise at Home

If you're not quite ready for group classes or prefer exercising at home, explore our range of simple exercises that you can do in the comfort of your own space.

[Steady On Your Feet: Staying Active](#)



# Find Support



## Local Services and Support:

To learn more about preventing falls in West Northamptonshire, visit the [West Northamptonshire Council website](#).

If you need help completing our assessment form, call one of our advisors on 0300 126 7000 or email [falls@westnorthants.gov.uk](mailto:falls@westnorthants.gov.uk).

[West Northamptonshire Council website](#)

To learn more about preventing falls in North Northamptonshire, visit the [North Northamptonshire Council website](#).

If you need help completing our assessment form, call one of our advisors on 0300 126 3000 or email [falls@northnorthants.gov.uk](mailto:falls@northnorthants.gov.uk).

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Email: [jude.stone@northamptonshiresport.org](mailto:jude.stone@northamptonshiresport.org)

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of the exercises at home between classes.

Find a Get Up & Go class

**STEADY ON  
YOUR FEET**

[www.steadyonyourfeet.org](http://www.steadyonyourfeet.org)