

# Falls Prevention FOR THE HOME.

According to the AIHW report, half of all fall-related hospitalisations occur in the home. The most common cause of a fall is from a slip, trip or stumble on level ground, making up 34% of all fall-related hospitalisations.




There are many steps you can take to prevent falls from occurring at home.

## 1 Looking After Your Health

People who don't maintain a healthy lifestyle tend to have poorer balance, weaker muscles and can be prone to dizziness and fatigue.







## 2 Make Changes Around the Home

-  Look for clutter and other items blocking walkways and paths and put these away
-  Check for trip hazards like cords, loose carpet and mats
-  Identify potential slippery surfaces around the home and outside – pay attention to wet areas like the kitchen, bathroom and concrete paths

## 3 Fall Prevention Aids and Equipment

Mobility aids and other equipment can be an important factor in preventing falls at home. These can include:

-  Grab handles, rails and support bars
-  Walkers, rollators and other mobility aids
-  Adjustable beds and armchairs
-  Shower chairs and over-toilet aids



The first step is to speak with an occupational therapist or medical professional about what equipment might be beneficial. The team at MobilityHQ are also available to answer any questions and highlight suitable products.