

If you identify a risk, take action – with agreement from the person, their carer or family. Simple things, such as cleaning a person's glasses or moving a trip hazard, can reduce the risk. If you are not sure about what you should do, speak to your line manager as well as the person, their carer or family.

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6 Support the person to keep their home environment safe

Remind them to look out for hazards around the home, for example:

- worn floor coverings or turned up edges of mats
- poor lighting, including on the stairs and at night if they go to the toilet
- tripping hazards including trailing cables or clutter
- low chairs or beds which make getting up a struggle

Let them know there is equipment available that may help them, such as a rail in the shower or bath, on the stairs or outside steps.



7 Support the person to feel safe and secure in their surroundings

- Make them aware that a community alarm can be helpful.
- Remind them to wear their community alarm if they have one.
- Make sure they can reach the pull cords if they fell on the floor and remind them not to tie them out of reach.

8 Be aware that some changes in an older person may cause them to fall

Look out for:

- dizziness or light-headedness when they get up from a chair or get out of bed
- drowsiness that wasn't there before
- changes in their walking, mobility and balance
- rushing to the toilet or going more frequently (including at night)
- confusion that they didn't have before
- signs of being anxious about falling



As a care at home worker you have an important role in supporting an older person to prevent them falling.

Here are some basic steps you can take.



1

Ask the person about falls

- Find out if they have ever had a fall.
- Discuss what could be done to prevent them falling.

2

Support the person to keep active and stay steady

- Encourage them to be active and independent even in the smallest of ways.
- Encourage them to keep going with any exercise programme that a physiotherapist or other health worker has advised them to do.



3

Know what can help the person to stay well

For example:

- eating healthily and regularly
- drinking fluids throughout the day
- taking their medications as prescribed

Look out for any medication side effects such as dizziness, light-headedness, drowsiness or disturbed balance and report these to your line manager.



4

Support the person to look after their eyesight

- Remind them to look after their glasses and clean them regularly.
- Remind them that getting an eye exam every year (or every two years if they are under 70) is important.



5

Encourage the person to look after their feet

- Encourage them to wear footwear that keeps their feet firmly in place. For example, shoes with laces, buckles or velcro straps rather than high or narrow heeled shoes or open backed, loose or worn out slippers.
- Suggest that they see a podiatrist if they have painful feet.

