
















PRACTICAL TIPS

Prevention of falls in Elderly

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Do's and Dont's in preventing a fall.

Things to do	Do's	Things to do	Do's
<ul style="list-style-type: none"> If you are feeling dizzy or swaying while walking use stick or walking aid 		<ul style="list-style-type: none"> Drink at least one glass of milk daily and have foods rich in calcium. 	
<ul style="list-style-type: none"> Keep light "on" in bathroom during night. 		<ul style="list-style-type: none"> Get bar grabs fitted by side of commode. Keep bathroom dry. Use mattress on floor of bathroom to avoid slips. 	
<ul style="list-style-type: none"> In case of vision disturbance, kindly consult ophthalmologist and get it corrected. Use hearing aids regularly, if you are advised. 		<ul style="list-style-type: none"> On stair case, Top and Bottom steps marked with different colour. The hand rail should be different colour. 	
<ul style="list-style-type: none"> Keep soft mattress under the cot in night hours. In case even if you fall, you will not sustain injuries. 		<ul style="list-style-type: none"> Medications – Drugs meant for control of Hypertension, Diabetes should be taken regularly 	
<ul style="list-style-type: none"> Remove clutter like wires. The wires or torn rugs will lead to fall, hence avoid using low set electrical pins. 		<ul style="list-style-type: none"> Keep all the items of daily use preferably on the table of equal height which can be reached easily. 	
<ul style="list-style-type: none"> Use bed rails. These rails should be one third of cot length, flexible and can be used during sleep time. 		<ul style="list-style-type: none"> Go for periodic check up of blood pressure and sugar levels. Look for orthostatic hypotension and hypoglycaemia and discuss with consultant. 	
<ul style="list-style-type: none"> Spend time in sunlight. The exposure to sunlight preferable between 11am to 2pm for 15 to 30minutes is ideal. It helps formation of Vitamin D in body. 		<ul style="list-style-type: none"> Place a call bell near wash basin or toilet easily accessible. 	
<ul style="list-style-type: none"> Walking is the best exercise. Walk at least 30 minutes for five days a week. This gives strength to muscles and helps maintain balance. 			

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Things to do	Don't's
<ul style="list-style-type: none"> Alcohol intake. It leads to falls Benzodiazepine drugs (Diazepam, Alprazolam) If you are consuming more than five drugs, you are at risk of falls. Do not walk on wet floors. Also be careful while walking on unequal pavement on the roadside. Do not use ladder. Avoid using stools or ladder to climb for getting items placed at high level. Do not get down the stairs. Instead use escalator. Older people are more likely to fall while getting down the stairs. Do not use glasses with bi-focal lens. Make two different glass one each for short sight and another for far sight. Do not use loose and ill fitting slippers and slippers of the other person. 	 