ALL ABOUT HOME CARE

Staying Steady

A falls prevention checklist

Checklist: around the home

Walk through each room together. Tick what is done and plan the rest.

Hall and stairs

- [ ] Walkways clear; loose rugs fixed or removed
- [ ] Stair handrail; nothing stored on steps
- [ ] Rooms, hall and stairs well lit; night light

Kitchen

- [ ] Everyday items at hip to shoulder height
- [ ] Never stand on a chair to reach things
- [ ] Spills wiped up straight away

Bathroom

- [ ] Non-slip mat and grab rail in the bath
- [ ] Raised toilet seat or frame if needed
- [ ] Pendant, if you have one: worn and tested

Bedroom

- [ ] Bedside lamp; phone or alarm within reach
- [ ] Clear path from the bed to the toilet
- [ ] Walker within reach, brakes checked
- [ ] Dress seated on a chair, not the bed

"Extremely professional, reliable, flexible, I am thrilled."

Louise S, daughter of a client, homecare.co.uk, January 2026

Talk it through? Call us on **01892 575 499**

enquiries@allaboutthomecare.co.uk

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Checklist: looking after yourself

- [ ] Walk, dance or chair exercise most days
- [ ] Strength and balance class (ask the GP)
- [ ] Warm up your feet, then stand slowly
- [ ] Well-fitting, non-slip shoes or slippers
- [ ] Sight and hearing checked
- [ ] Regular drinks and meals
- [ ] Medicines reviewed for dizziness
- [ ] Feet checked; podiatrist for pain
- [ ] Bone health and vitamin D discussed
- [ ] Repeat once a year and after any fall

My falls plan

My GP surgery _____

First person to call _____

Pendant alarm tested on _____

Agreed today _____

If someone falls

Stay with them and keep them warm. **Never lift or pull them, even if they seem unhurt.**

Call 999 if they:

- may have hurt their head, neck, back or hip
- cannot get up, even with help
- are very drowsy, confused or vomiting
- have severe bleeding, chest pain or trouble breathing

Call 111 (or 111.nhs.uk) if they:

- are in pain, unwell, or you are worried
- are not hurt but cannot get up and no help is near
- take blood thinners. Get advice the same day, especially after a knock to the head.

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