

✓ **Footwear:** wearing sensible shoes and slippers will help keep you in control when you are moving around. Footwear should be the correct size and enclosed in style. Sandals, flip-flops or high heels will increase the risk of a fall.

✓ **Lighting:** appropriate lighting at home during the day and night is a great help to avoid falls. You might consider keeping night lights in corridors, bedrooms and toilets during darkness.

✓ **Vision:** if you are using glasses, make sure you are wearing them. Make sure to have regular sight test.

✓ **Balance:** be aware of your balance. Do not rush to get up from bed. Give yourself a few minutes to sit on the bed, pace yourself.

✓ **Floor rugs:** give special attention to the floor. Rugs can be dangerous slip and trip hazards. Consider removing them.

✓ **Pathways:** keep pathways inside and outside your home clutter free.

✓ **Kitchen:** consider re-arranging cupboards, so that regularly used items are within easy reach. Stretching or bending can lead to a fall.

✓ **Bathroom:** make it safe by using a non-slip mat if appropriate. A shower stool, bath seat, raised toilet seat in combination with the appropriate grab-rails might help to prevent a fall.

✓ **Bedroom:** make it safe. Sometimes a commode chair in your bedroom helps to prevent a fall.

✓ **Help the Emergency Services help you.**

- **Store** your medical details and next of kin contacts as 'a message in a bottle'.
- **Full** instructions provided.
- **To obtain** a 'Message in a Bottle' ask your pharmacist or contact the Memory Team.





Occupational Therapy Department

can help to identify potential danger in your home and address it by bringing aids for easy living. They are able to raise your favourite armchair, install a 'leave bed' rail and an extra banister on your staircase or stair lift.



Emergency Red Button:

can be provided by the Community Alarm and Tele-Care service. It has to be worn around the clock and used if you are unfortunate enough to sustain a fall. The Red Button enables you to summon help. It is shower proof, so can be safely worn when attending to your personal hygiene.



Useful Contacts:

Memory team.....029 20 716 961

Occupational Therapy Department:

Cardiff.....029 20 575 570

Vale.....01446 725 100

Independent Living Service:

Cardiff..... 029 20 234 234

Vale.....01446 700 100

Community Alarm and Tele Care:

Cardiff.....029 20 537 080

Vale.....01446 700 100

Alzheimer's Society.....029 20 434 960

Continance Team

(Commode chair).....029 20 444 501

Care and Repair:

Cardiff.....029 20 437 437

Vale..... 01446 704 308

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