



# THE WATERFALL CLINIC

neurological physiotherapy & rehabilitation



## Falls Prevention Booklet

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STAND UP TO FALLS

In association with:

Homecare  Solutions



As a progressive homecare provider Homecare Solutions are delighted to be associated with The Waterfall Clinic and this leaflet on falls and fall prevention. Homecare Solutions are located in Naas and supporting a wider area of the surrounding counties where we provide non-medical homecare services in our Client homes. We are an advocate for independent living in the community to allow our Clients live a more fulfilling life at home.

We hope that this leaflet will help support people to maintain their independence by reducing falls and also by promoting the importance of exercise in the comfort of their own home.

## **ACCORDING TO THE HSE:**

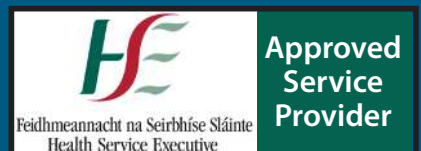
**Approximately 30% of adults who are over 65 and who are living in the community will experience at least one fall a year.**

## **Physiotherapy can reduce and even reverse frailty in the older person**

This leaflet outlines many ways to help prevent and minimise falls in homes with excellent practical tips. In addition, it also contains many fall prevention exercises which when carried out on a regular basis will help reduce the risk of a fall and also help build and maintain good muscle and stronger bones. Our staff and Management have been educated under the guidance of Johanne and the team in The Waterfall Clinic in Kildare Town to allow our Clients build their confidence, mobilise safely in the comfort of their own home. The leaflet also demonstrates the importance of regular exercise in the lives of each and every person helping to maintain their independence at home. According to Prof Shane O'Mara of TCD, exercise is one of the best ways to reduce the risk of Dementia.

Thanks to Joanne and all the team in The Waterfall Clinic for putting this together.

**For further details of our non-medical homecare service please contact us in Naas on 089 498 62 79 or [info@homecaresolutions.ie](mailto:info@homecaresolutions.ie) or our website [www.homecaresolutions.ie](http://www.homecaresolutions.ie)**



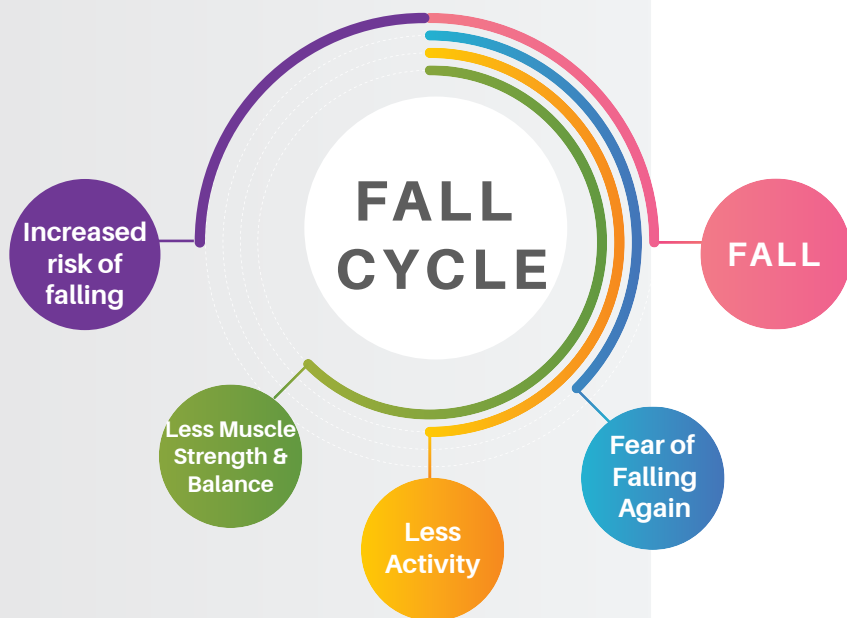
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# 1. FALLS FACTS

- One third of people over 65 in Ireland fall every year
- Older people are more likely to suffer serious injuries and fractures (broken bones) after a fall
- Half of all falls happen in or around the house
- Falls are preventable. You should always tell someone if you have had a fall no matter how small it might have been



## 2. FALLS PREVENTION AT HOME

### KITCHEN

- Wipe up spills immediately - a slippery floor can cause a fall
- Keep close to the work surface when you're carrying hot/ heavy items
- Keep a stool/chair in the kitchen in case you need a rest
- Keep everyday items within easy reach - not too high or too low
- Don't stand on a chair or table to reach something that's too high

### STAIRS

- Have good lighting in the hallway and on your stairs
- A plug in night-light can light your way to the bathroom during the night
- Have one, preferably two handrails on the stairs
- Never climb stairs without proper fitting footwear
- Don't store items on the stairs

### BEDROOM

- Put night lights and light switches close to your bed
- Make sure there is a light between your bedroom and the bathroom
- Wear a personal alarm
- Keep your walking aid close to your bed
- Keep your telephone near your bed

### BATHROOM

- Try to have someone in the house while you are taking a bath or a shower
- Have a stool or chair in the bathroom
- Mount grab bars near toilets and on both the inside and outside of your bath and shower
- Place non-skid mats on all surfaces that might get wet

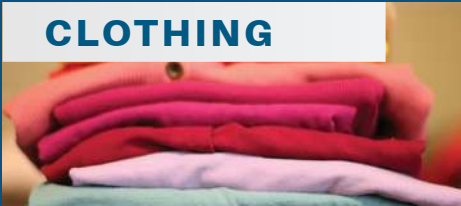
# 3. How you can prevent a fall

## FOOTWEAR



- Keep your feet in good condition
- Wear good fitting supportive shoes (laced or Velcro)
- Do not wear backless shoes

## CLOTHING



- Avoid excessively long garments which may cause you to trip

## GLASSES



- Always wear your glasses as advised by the Optician

## WALKING AIDS



- Use walking aid if advised to do so. (e.g. Walking stick, Frame, 4 Wheeled Walker)

## KEEP ACTIVE AND HEALTHY



- Engage in regular exercise
- Walking and simple seated and standing exercises can keep muscles strong and improve your balance

# 4. Falls prevention exercises

The exercises on the following pages should be done safely:

- Always hold onto something stable like your kitchen worktop
- Always have a chair nearby in case you need to sit down
- Never exercise if you feel dizzy or have acute pain
- When you start exercising you might feel a little stiff but this should ease with time
- The exercises should never cause shortness of breath or pain
- If you find 10 repetitions is too much start with less and increase to 10 over time



**Remember your posture: good sitting, standing and walking posture will help support the body for good balance.**

**The following exercises are easy to do and will help improve your strength and balance and reduce your risk of falls. Use smooth movements when doing the exercises and take your time.**



## Ankle Pumps

- Sitting in a chair move your ankles and toes up and down



## Knee Straighten

- Sitting in a chair
- Straighten your knee as able
- Hold for 5 seconds with your knee straight
- Let your knee bend again



## Knee Lift

- Sitting in your chair
- March on the spot by lifting your knees towards the ceiling



## Stand ups

- Sit forwards in the chair
- Place feet directly under your knees
- Lean forwards from the waist
- Straighten knees and stand up tall





## Heel Raises

- Stand by the counter
- Raise your heels off the ground
- Hold for a count of 5 and relax



## Knee Lifts

- Stand by the counter
- Bend your knee and lift to hip height
- Hold for a count of 5 and relax



## Side Stepping

- Stand by the counter
- Raise you leg to the side (foot facing forward)
- Hold for a count of 5
- Bring your leg back to the middle again



## Step ups

- Stand at the bottom step of the stairs
- Hold on to the handrails
- Step up onto the step 10 times
- Change leading leg

## 5. What to do when you have a fall



### If you are hurt and cannot get up follow the Rest and Wait Plan

#### STAY CALM

- Assess the situation

#### GET HELP

- Use your Pendant alarm or phone
- Call out for help /bang on a wall

#### KEEP WARM

- Move to a soft surface like a carpet
- Reach for something to cover yourself
- Move out of draughts
- Roll from side to side and move your arms and legs if possible

# 6. HOW TO GET UP AFTER A FALL



1. Don't panic  
take your time



2. Bend both your knees



3. Roll onto one side  
(towards something  
that will help you up)



4. Push up onto one elbow

# How to get up after a fall



**5.** Move into a kneeling position on your hands and knees

**6.** Move towards the chair or bed and bend one knee and slide or pull yourself up onto it

**7.** Sit comfortably and rest



# Homecare Solutions

Homecare Solutions was established in 2007, is an owner managed HSE approved provider of non medical homecare based in Naas providing care to Kildare, Wicklow and the greater Dublin area.

We provide care 365 days from a few hours a day up to 24 hours a day 7 days a week in the comfort of your own home.

- All care staff are supervised by a team of fully trained experienced nurse managers
- Homecare Solutions are a Dementia Champion of Care and are affiliated to DCU since 2019

## Our Homecare Services include:

- Personal care to include bathing, washing, continence and stoma care
- Homecare/Homehelp Support
- Dementia & Alzheimers care and education to families
- Post Operative and Convalescence Care
- Respite care for family carers
- Exercise & Mobility programmes including education around falls prevention
- Caring for clients with a disability

**For an initial discussion please call  
089/4986279 or email [info@homecaresolutions.ie](mailto:info@homecaresolutions.ie)  
[www.homecaresolutions.ie](http://www.homecaresolutions.ie)**





# JOHANNE MURPHY

BSc Physiotherapy MSc Neurology and Gerontology; PG Cert Dementia MISCP

## SOME OF THE MORE COMMON CONDITIONS WE TREAT ARE LISTED BELOW:

- Stroke
- Parkinson's disease
- Multiple sclerosis
- Motor Neuron disease
- Spinal cord Injury
- Functional Neurological Disorders
- Vestibular and balance disorders
- Falls and balance problems
- Acquired Brain Injury and many more neurological conditions

## TREATMENTS OFFERED INCLUDE

- Balance and gait re-education
- Functional training and Task orientated training
- Mirror therapy
- Treadmill training and body weight supported treadmill training
- Strengthening programmes including muscle stimulation
- Pain relief: laser therapy, Wax therapy
- Dry Needling
- Cognitive rehabilitation
- LSVT Big for Parkinson disease
- Balance and falls prevention classes

*The clinical lead physiotherapist is Johanne Murphy who has many years of experience working within the fields of neurology and gerontology.*

**For further information contact Johanne directly**

**Phone: 045 535344 or 0868635222**

**E-mail: [thewaterfallclinic@gmail.com](mailto:thewaterfallclinic@gmail.com)**

**Website: [www.thewaterfallclinic.ie](http://www.thewaterfallclinic.ie)**



## OPENING HOURS:

Monday 9.00-17.00 - Tuesday 9.00-17.00 Wednesday 9.00-17.00

Thursday 9.00-17.00 - Friday 9.00-14.00

Appointments by prior appointment only



*Staff from  
The Waterfall Clinic and Homecare Solutions*



**THE WATERFALL CLINIC**  
neurological physiotherapy & rehabilitation



IRISH  
SOCIETY OF  
CHARTERED  
PHYSIOTHERAPISTS



# THE WATERFALL CLINIC

neurological physiotherapy & rehabilitation

PH: 085 863 5222 / 045 535344

6 Claregate St Kildare Town R51 K752

Email: [thewaterfallclinic@gmail.com](mailto:thewaterfallclinic@gmail.com) / Web: [www.thewaterfallclinic.ie](http://www.thewaterfallclinic.ie)

**AUTHOR JOHANNE MURPHY & GILLIAN DEMPSEY**