

Long Term Falls Prevention

Information for patients,
carers and relatives

**Easy
Read**



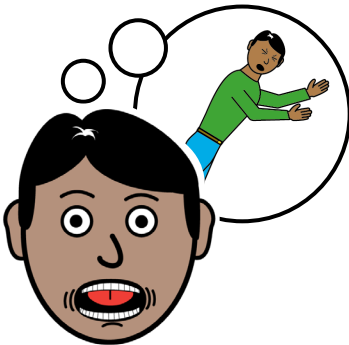
easy read



fall



Scared



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

Having a fall can hurt.

It can also make you scared that it might happen again.

stop going out



So you stop going out.

Which is sad and isolating.

strong and confident



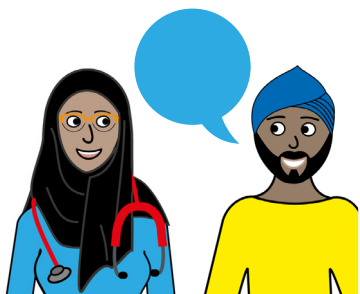
We want to help you to be strong and confident.

live a good life



So you can live a good life.

mobility has changed



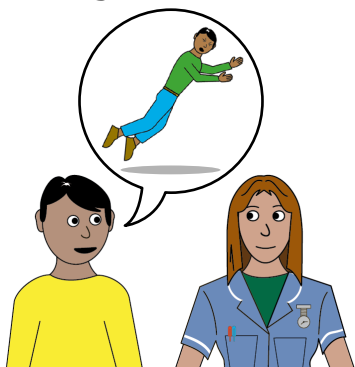
Please tell someone supporting you, like your GP, if your mobility has changed.

unsteady



Or if you feel unsteady on your feet.

tell your nurse



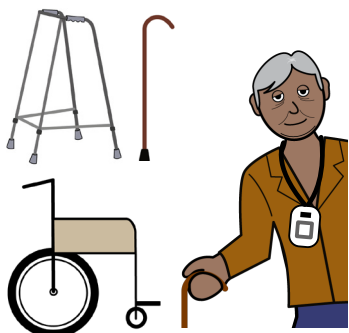
Or you have had a fall

support



They can support you or get you other professionals that can help.

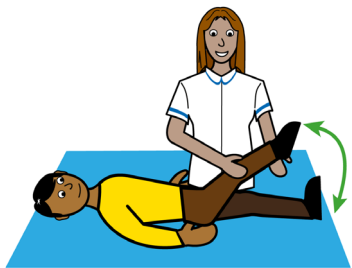
walking aids



Sometimes you need new equipment to help keep you safe.

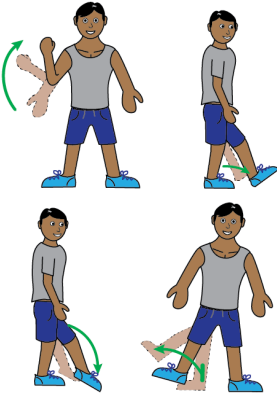
Like walking aids or falls sensors.

Physiotherapy



You may need support with exercise or gentle movement.

exercise



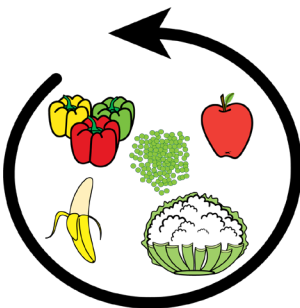
Exercise is great to help with balance, strength and confidence.

exercise class



Sometimes your GP can organise exercises classes for you.

healthy diet



Your diet – a good diet can help with bone strength and energy levels.

check up



It is important to attend regular check ups to check long term health, medication, sight and hearing.

good footwear



Good, well fitting, supportive footwear is a must.

Get Checked Out website



If you need further advice or support scan the QR code for lots of websites on **Get Checked Out:**



ask questions



If you have any question please speak to the staff team on:

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

leedsth-tr.lidautism@nhs.net



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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