

## Avoiding falls at home...

### Tips for preventing falls in the home include:

- Immediately mopping up spillages
- Removing clutter, trailing wires and frayed carpets
- Using non-slip mats and rugs
- Using high-wattage light bulbs in lamps and torches, so you can see clearly
- Organising your home so that climbing, stretching and bending are kept to a minimum, and to avoid bumping into things
- Getting help to do things that you're unable to do safely on your own
- Not walking on slippery floors in socks or tights
- Not wearing loose-fitting, trailing clothes that might trip you up
- Wearing well-fitting shoes that are in good condition and support the ankle
- Taking care of your feet by trimming your toenails regularly and seeing a GP or chiropodist about any foot problems

*It is estimated that 20% of all falls could be prevented.*

*Falls and fractures are a major cause of disability and mortality for older people in Warwickshire.*

*As we get older as many as 1 in 3 women and 1 in 12 men are affected by osteoporosis. This makes our bones far more brittle making falls more dangerous. Badly fitting, damaged or worn slippers increase the risk of falling at home.*

## Q & A...

**Can I purchase more than one pair of slippers at a time?**

- Yes, so long as you have completed a registration form for the service.

**Do I have to have a fitting each time I purchase a new pair of slippers?**

- Yes, we would like to think that those needing a new pair of slippers would be encouraged to have a new fitting but if you have a mobility problem, we do allow people to try slippers on at home and if unsuitable, we do offer an exchange or full refund.

## Contact Us

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Visit us on the web:  
[www.bhlc.services](http://www.bhlc.services)



### BRUNSWICK HUB

98-100 Shrubland Street, Leamington Spa.  
CV31 3BD



**Slipper Service  
at BHLC**



## Slipper Service

BHLC is pleased to offer a slipper service. It builds on the experience of the service previously provided by the PHYLLIS team and Warwickshire County Council.

Properly fitted slippers helps to reduce falls. Is it time to change your slippers?...

**We** offer a range of sizes, ladies sizes 3-8 and men's sizes 6-12.

**All** our slippers have Velcro fastenings so they can be adjusted for a comfortable and safe fit.

**Try** before you buy, a correct fitting is essential to reduce the risk of falls.

**Our** slippers come with falls and prevention advice and tips to keep you healthy and safe.

**Ladies Slipper, £9.00**

**Ladies Bootie, £10.00**

**Mens Slipper, £11.00**

**Mens Bootie, £12.00**



## Location map



**BRUNSWICK HUB** is in the old town of Leamington Spa, on Shrubland Street. The Gold Line G1 bus stops just a few yards away from us.

There is free on street parking and reserved parking for disabled people.

## Falls Prevention

**Anyone** can have a fall, but older people are more vulnerable and likely to fall, especially if they have a long-term health condition.

Falls are a common, but often overlooked, cause of injury. Around one in three adults over 65 who live at home will have at least one fall a year, and about half of these will have more frequent falls.

Most falls don't result in serious injury. However there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn and feel as if they've lost their independence.

There are ways you can reduce your risk of having a fall, including making simple changes to your home and doing exercises to improve your strength and balance.

If you've fallen in the past, making changes to reduce your chances of having a fall can also help you overcome any fear of falling.

Some older people may be reluctant to seek help and advice from their GP and other support services about preventing falls, because they believe their concerns won't be taken seriously. However, all healthcare professionals take falls in older people very seriously because of significant impact they can have on a person's health.

Discuss any falls you've had with your GP and say if it's had any impact on your health and wellbeing.

Your GP can carry out some simple balance tests to check whether you're at an increased risk of falling in the future. They can also refer you to the useful services in your local area.