

4 WEAR APPROPRIATE FOOTWEAR

Footwear like slip-on slippers can cause trips and falls. Wear sturdy shoes like trainers. If you have problems with your dexterity, choose shoes with Velcro fastenings.

5 PERSONAL ALARMS

If you have a personal alarm, wear it! It is no good sitting on the side.

EQUIPMENT AND AIDS

If your Occupational Therapist recommends any equipment, they will get it for you from statutory services.

Buying equipment yourself, or borrowing from loan services, may mean council carers cannot use it for health and safety reasons. So it's always best to get equipment from your local team.

"MY ADVICE WITH RISER-RECLINER CHAIRS IS TO GET IT AS SOON AS POSSIBLE, BECAUSE IT REALLY WILL HELP YOU BE ABLE TO GET UP ON YOUR OWN. AND GET IT SOONER RATHER THAN LATER."

PAMELA

If your local team has trouble getting hold of the equipment you need, they can ask MND Scotland's Equipment Loan service.

FIND OUT MORE

If you want to find out more about preventing trips and falls, speak to your Occupational Therapist. If you don't know who this is, ask your MND Clinical Specialist or your GP.

There's more information online at:
www.mndscotland.org.uk/living-with-mnd

Thanks to NHS Lothian and to all people living with MND who have shared their tips and advice.

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DON'T LET MND TRIP YOU UP

PREVENTING TRIPS AND FALLS

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PREVENTING TRIPS AND FALLS

Did you know that the most common reason for hospital admissions for people with Motor Neurone Disease (MND) is trips and falls which could have been prevented?

"I COULDN'T STOP THE MND AND WHAT IT WAS DOING TO MY MUM, BUT THERE WERE SIMPLE THINGS THAT I COULD DO, TO HELP PREVENT HER FALLING."

GEMMA

Coping with an MND diagnosis can be so overwhelming that we often don't stop to think about things which could be a trip risk.

"WE MOVED ALL SORTS OF OBSTACLES. THERE WAS A RUG WHICH HAD TO BE REMOVED COMPLETELY. BECAUSE THERE ARE THINGS THAT ARE TRIP HAZARDS THAT YOU DON'T CONSIDER TO BE TRIP HAZARDS."

STAN

"ESPECIALLY GRANDCHILDREN'S TOYS ON THE FLOOR."

CAROL

TRIPS, FALLS AND MND

MND can affect someone's balance, posture and ability to walk. All these things can lead to people with MND tripping or falling - which could land you, or your loved one, in hospital.

Did you also know a stay in hospital could result in someone losing their care package?

DON'T RISK IT!

Here are 5 steps you can take to minimise your risk of falling:

1 ASK YOUR OCCUPATIONAL THERAPIST (OT) TO CARRY OUT A FALLS RISK ASSESSMENT IN YOUR HOME

An OT's role is to help you maintain your normal activities of daily life. They may recommend specialist equipment.

"I WOULD RECOMMEND SPEAKING TO AN OCCUPATIONAL THERAPIST WHO CAN COME OUT, HAVE A GOOD LOOK AT HOW YOU MANAGE, AND IF THERE'S ANYTHING THEY CAN PUT IN PLACE TO HELP YOU AT HOME."

GEMMA

"THE STAIRS WERE BECOMING A HAZARD, SO WE HAD A STAIR LIFT PUT IN AND THAT REALLY HELPED."

STAN

2 REMOVE ANY OBSTACLES AROUND THE HOUSE

There are lots of things in our homes that we might not realise are hazards.

"JUST BACK TO THE BASICS. KEEPING YOUR FURNITURE ROUND THE WALLS - NOTHING IN THE MIDDLE OF THE ROOM. THE LESS THINGS THAT YOU CAN BANG YOUR HEAD ON IF YOU DO GO DOWN."

PAMELA

3 USE YOUR WALKING AIDS

If you are given a splint, walking aid or any equipment - use it.

"IT MIGHT BE THE UGLIEST OF THINGS, BUT IT HELPS KEEP HIS INDEPENDENCE, AND PREVENT FALLS."

CAROL

