

# Preventing Falls at Home

## Practical Steps to Stay Safe, Independent and Confident

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## Preventing Falls at Home

A fall can happen in an instant, but its effects can last much longer. Even a minor fall can affect your confidence, making you feel anxious about moving around your home or going out independently.

The good news is that many falls can be prevented. Small changes to your home, maintaining your strength and balance, and using the right equipment where appropriate can all make a significant difference.

At First Choice Mobility, we regularly speak to customers who tell us they wish they had made a few simple changes sooner. Often, it's not one major hazard that causes a fall, but a combination of small risks that gradually build up over time.

This guide explains practical steps you can take to help reduce the risk of falls while maintaining your confidence and independence.

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## Quick Summary

To reduce your risk of falling:

- Keep walkways clear of clutter.
  - Improve lighting throughout your home.
  - Wear supportive footwear.
  - Keep physically active.
  - Use mobility aids that are correctly adjusted.
  - Install safety equipment where needed.
  - Arrange regular eye and hearing tests.
  - Speak to your GP if you've experienced a fall.
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2. Common causes of falls
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  4. Exercises to improve balance
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## Why Do Falls Happen?

Falls can affect anyone, but the risk generally increases with age, reduced mobility or certain medical conditions.

Common reasons include:

- Reduced muscle strength
- Poor balance
- Reduced vision
- Medication side effects
- Uneven flooring
- Poor lighting
- Loose rugs and cables
- Rushing around the home

The important thing to remember is that many of these risks can be reduced.

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## First Choice Mobility Insight

One of the biggest misconceptions we hear is:

“I’ll wait until I really need some support.”

In reality, introducing simple safety measures before they become essential often helps people remain independent for longer.

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## The Most Common Fall Hazards at Home

### Living Room

Check for:

- Loose rugs
- Electrical cables across walkways
- Low coffee tables
- Slippery flooring
- Poor lighting

A tidy, well-lit room is usually a much safer room.

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## Kitchen

Many falls occur while reaching or carrying.

Avoid:

- Standing on chairs.
- Reaching high shelves.
- Carrying heavy items while trying to steady yourself.

Consider storing frequently used items between waist and shoulder height.

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## Bathroom

Bathrooms are one of the highest-risk areas because of water and smooth surfaces.

Helpful equipment includes:

- Grab rails
  - Shower chairs
  - Bath boards
  - Bath lifts
  - Non-slip mats
  - Raised toilet seats
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## Bedroom

Simple changes can improve safety considerably.

Consider:

- Bedside lighting
- Easy access to walking aids

- Clear routes to the bathroom
- Removing trailing cables

If getting into or out of bed is becoming difficult, an adjustable profiling bed may be worth considering.

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## Stairs

Keep stairs:

- Well lit
- Free from clutter
- Equipped with secure handrails
- In good repair

Never carry items that prevent you from using the handrail.

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## Did You Know?

Good lighting is one of the simplest and most cost-effective ways to reduce the risk of trips and falls, particularly on stairs and during the night.

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## Staying Active Helps Prevent Falls

Strong muscles and good balance are two of your best defences against falling.

Gentle activities may include:

- Walking
- Chair-based exercises
- Sit-to-stand exercises
- Heel raises
- Balance exercises
- Light stretching

We've created a dedicated guide:

→ **Five Simple Exercises to Help Keep You Moving**

If you've recently had a fall or have a medical condition affecting your balance, speak to your GP or physiotherapist before starting a new exercise programme.

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## Choosing the Right Mobility Aid

The right mobility aid can improve confidence and stability, but it's important to choose equipment that's appropriate for your needs.

Depending on your mobility, this might include:

- Walking sticks
- Adjustable canes
- Tripods
- Walking frames
- Rollators
- Wheelchairs
- Powerchairs

Using the wrong walking aid—or one that's adjusted incorrectly—can actually increase the risk of falling.

Whenever possible, seek advice before purchasing.

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## Myth vs Fact

### **Myth**

Using a walking aid means you've become less independent.

### **Fact**

The right walking aid often helps people remain active, confident and independent for much longer.

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## What Should I Do If I've Had a Fall?

Even if you don't think you've injured yourself, it's important to understand why the fall happened.

Ask yourself:

- Did I trip?
- Did I feel dizzy?
- Was the lighting poor?
- Was I rushing?
- Was my walking aid suitable?

If you experience repeated falls, speak to your GP as soon as possible.

You may benefit from a medication review, balance assessment or referral to a falls prevention service.

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## Before You Buy Checklist

If you're considering mobility equipment to reduce your risk of falling, ask yourself:

- ✓ What situations make me feel least confident?
  - ✓ Would a walking aid improve my stability?
  - ✓ Is my current equipment correctly adjusted?
  - ✓ Have I considered simple home adaptations first?
  - ✓ Have I discussed my concerns with a healthcare professional?
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## Questions We're Often Asked

### Should I use a walking stick after one fall?

Not necessarily. It depends on why you fell. If you're unsure, seek advice from your GP, physiotherapist or occupational therapist.

### Can exercise really reduce my risk of falling?

Yes. Regular strength and balance exercises are one of the most effective ways to reduce the risk of falls for many people.

### Should I remove all rugs?

Loose rugs are a common trip hazard. If you keep them, make sure they are securely fixed and do not curl at the edges.

## Are grab rails only for bathrooms?

No. Grab rails can also be helpful near steps, entrances and other areas where additional support is needed.

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## Further Reading

The following organisations provide trusted advice on reducing the risk of falls.

### NHS – Falls

Learn about the causes of falls, treatments and prevention.

<https://www.nhs.uk/conditions/falls/>

### NHS – Exercise

Strength and balance exercises for older adults.

<https://www.nhs.uk/live-well/exercise/>

### Age UK

Advice on staying independent and preventing falls.

<https://www.ageuk.org.uk/>

### Chartered Society of Physiotherapy

Information about physiotherapy and improving mobility.

<https://www.csp.org.uk/>

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## Continue Reading in the First Choice Mobility Advice Centre

You may also find these guides useful:

- Five Simple Exercises to Help Keep You Moving
- Choosing Equipment After a Stroke
- How to Choose the Right Mobility Scooter
- How to Choose the Right Powerchair
- VAT Relief Explained

- [Complete Guide to Mobility Scooter & Powerchair Funding](#)
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## Related Products

Explore our range of:

- Rollators
  - Walking Sticks
  - Walking Frames
  - Grab Rails
  - Shower Chairs
  - Bath Lifts
  - Rise and Recline Chairs
  - Adjustable Profiling Beds
  - Powerchairs
  - Mobility Scooters
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## Our Advice

Preventing falls isn't about restricting your lifestyle—it's about making small changes that help you continue living independently with confidence.

If you've noticed you're becoming less steady on your feet, don't ignore it. Seeking advice early and making a few practical adjustments can make a significant difference to your safety and quality of life.

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## Need More Help?

If you'd like advice on equipment that could make moving around your home safer and more comfortable, our experienced team is here to help.

We'll take the time to understand your needs and recommend practical solutions that support your independence—without recommending products you don't need.

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## Freedom, with Confidence

At First Choice Mobility, we believe that confidence starts with feeling safe in your own home.

Whether you need a simple walking aid or more specialist equipment, we're here to provide honest advice, quality products and ongoing support to help you continue living independently.

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## Download This Guide

Prefer to keep a copy?

**Download a printable PDF version of this guide to read offline or share with family members or carers.**

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## Information You Can Trust

This guide has been reviewed by the First Choice Mobility team and is intended for general information only. It should not replace advice from your GP, physiotherapist or occupational therapist. If you've experienced a fall, repeated falls or a sudden change in your balance, seek professional medical advice as soon as possible.