NUHS@HOME

National University Health System



YOUR GUIDE TO FALL PREVENTION

Possible Consequences of a Fall

Fall can lead to severe injuries, and prevention involves a joint effort between you and our dedicated team.



Bleeding

Internal bleeding can occur in the brain and other organs.



Broken Bones

Falling can result in fractures which are painful and require time to heal.



Coma

Severe head injuries can lead to unconsciousness or a coma.

In the event of a fall or injury, please call us immediately at +65 8939 5794 for further advice. If your family member becomes unconscious, call 995 immediately for assistance.



REDUCE YOUR RISK OF FALLS WITH THESE 6 EASY TIPS

TIP 1: KEEP YOUR HOME NEAT AND SAFE

All Rooms

Remove all loose mats and use slip-resistant mats instead, especially in the bathroom.







Clean up all spills. Keep your floor dry at all times

Place commonly used items on shelves that can be easily reached. If you need to get an item from a high cabinet, get someone to help you.





Bedrooms

Keep a bedside lamp that you can easily switch on at night.



Bathrooms

Install grab bars for extra support.

SUBSIDY AVAILABLE

Singapore citizen households can enjoy government subsidies for home improvement items under the Enhancement for Active Seniors (EASE) programme.

Visit **www.hdb.gov.sg/EASE-Application** or call **1800-933-2990** between 8am and 5pm on weekdays for more information.

Bundle up cables and tuck them against the wall.





Make sure all rooms are well-lit.



Keep floors free of clutter and maintain clear paths for walking.





TIP 2: EXERCISE REGULARLY

RECOMMENDED EXERCISES

Aim to get at least 150 minutes of moderate-intensity physical activity each week. In addition, try to include muscle-strengthening and balance exercises on two or more days per week.

If you are unsure which physical activities you can do, please consult your doctor.

Scan the QR Code below to follow a set of 7 exercises twice a week.

https://for.sg/fallpreventionen

English

https://for.sg/fallpreventioncn

Chinese

https://for.sg/fallpreventionml

Malay

RECOMMENDED EXERCISES

WARM UP



Stationary March with Arm Swing / Seated March

STRENGTH EXERCISES



Sit to Stand



Standing Hip Extension

RECOMMENDED EXERCISES

Balance Exercises



Side Leg Raise



Single Leg Stand

Flexibility Exercises



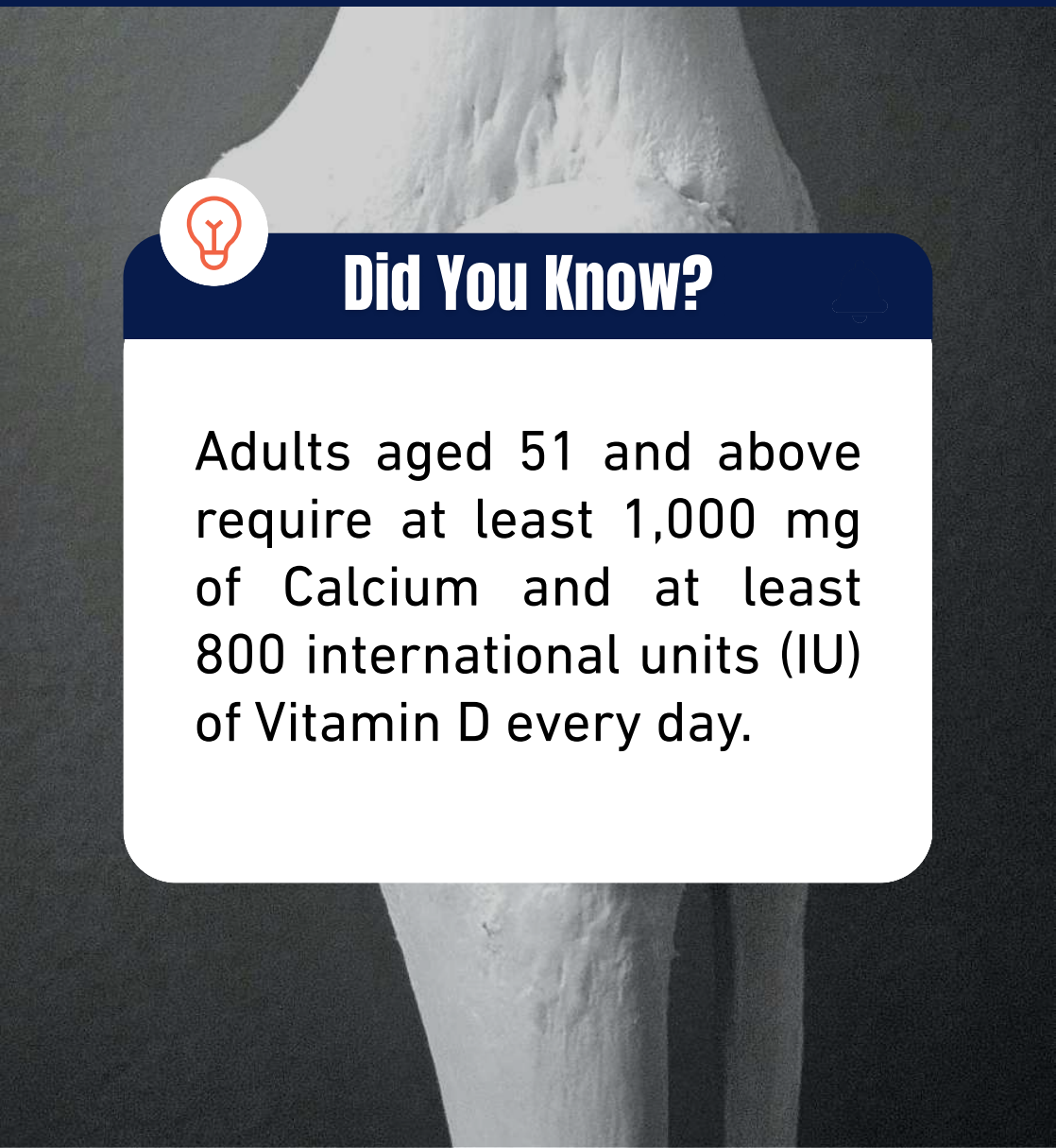
Triceps Stretch



Standing Quadriceps Stretch

TIP 3: KEEP YOUR BONES STRONG

Strong bones will not break easily. Get enough calcium intake and sunlight exposure everyday to keep your bones strong!



Did You Know?

Adults aged 51 and above require at least 1,000 mg of Calcium and at least 800 international units (IU) of Vitamin D every day.

Have 1 more of these calcium-rich foods a day:



250ml

1 glass of high calcium low-fat milk



250ml

1 glass of soybean milk with Healthier Choice Symbol



140g

2 pieces of canned low-sodium sardines



2 tbsp

Non-fried ikan bilis



200g

2 square pieces of taukwa



180g

1 cup of cooked soy beans



150g

1 small tub of low-fat yoghurt



20g

1 slice of cheese

TRY THIS!

Enjoy some ikan bilis with your meal to give yourself a calcium boost!



+



TIP 4: GO FOR REGULAR EYE CHECKS

Visit an eye-care professional once a year to check your eyes.

This will help ensure that you are not wearing glasses with the wrong prescription or suffering from any eye conditions such as glaucoma or cataracts.

for.sg

https://for.sg/nuhsathome-silverscreen

Scan the QR Code to sign up for an eyes, ears or mouth screening through Project Silver Screen by HealthHub.

TIP 5: WEAR WELL-FITTING NON-SLIP SHOES

Wear well-fitting, non-slip shoes when you go out, even if it is a walk to the market.





Tip 6: Use Walking Aids

Use walking aids as advised by your medical team. Ensure your walking aids are well-maintained and in good condition, and replace worn out ferrules (rubber tups at the feet) when necessary.

1



ROLLATOR

2



WALKING FRAME

3



BROAD-BASE QUAD STICK/
NARROW-BASE QUAD STICK

4



WALKING STICK

What Should I Do If I Fall?



Step 1:

Call for help. If you are in extreme pain or feel giddy, do not try to get up.



Step 2:

If you feel strong enough, roll over and bring your elbows under your shoulder.



Step 3:

Bring your knees to your chest and crawl to a chair.



Step 4:

Put your hands on a chair and push into a kneeling position



Step 5:

Stand up, turn and sit on a chair. Let your family members know that you fell.



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