

A Practical Falls Prevention Framework

6 Steps to Reduce Falls Risk and Stay Independent for Longer




1 IN 3
ADULTS OVER 65
EXPERIENCE A FALL
EACH YEAR.

✓ **The good news?**
Many falls can be prevented through early intervention, improved strength, greater confidence and simple changes at home.

MAKE PREVENTION PART OF EVERYDAY LIFE

- Move regularly
- Avoid rushing
- Use walking aids correctly
- Keep pathways clear
- Practice strength and balance safely
- Stay active and engaged

✓ **Small actions repeated consistently create lasting results.**

CHECK FOR HEALTH CHANGES

- Medication changes
- Recent illness
- Dizziness
- Pain
- Low blood pressure
- Vision or hearing changes

♥ **Sudden changes should never be ignored.**



01 CREATE A SAFER HOME ENVIRONMENT

- Remove trip hazards
- Improve lighting
- Install grab rails
- Use supportive footwear
- Keep essentials within reach

✓ **The goal is not restriction. The goal is safer independence.**

02 SPOT EARLY WARNING SIGNS

- Slower walking
- Shuffling steps
- Holding onto furniture
- Difficulty standing from chairs
- Reduced confidence

👥 **Small changes noticed early can prevent larger problems later.**

03 BUILD STRENGTH AND BALANCE

- Leg strength
- Sit-to-stand practice
- Balance training
- Walking confidence
- Everyday movement

📈 **Consistency beats intensity. Small amounts of regular movement make a big difference.**

04 RESTORE CONFIDENCE



Breaking this cycle early is essential. Confidence is often just as important as physical ability.



WHEN SHOULD YOU SEEK PHYSIOTHERAPY SUPPORT?

Consider professional support if someone:

- ✓ Has fallen recently
- ✓ Is noticeably slowing down
- ✓ Is becoming less confident walking
- ✓ Has reduced activity levels
- ✓ Struggles standing from chairs
- ✓ Is recovering from illness or hospital admission

Early intervention often leads to better outcomes.

CONCERNED ABOUT FALLS RISK?

Reeflex provides physiotherapy home visits, falls prevention support and mobility rehabilitation for older adults across Essex and the South East.

Our approach focuses on improving strength, confidence, mobility and independence through practical, personalised physiotherapy.