

Department of  
**OUTPATIENT MANAGEMENT UNIT**

# Fall Prevention Buddy – A Guide for Patients and Caregivers



# TIPS TO PREVENT SLIPS, TRIPS AND FALLS

## IN THE CLINIC

### BE AWARE OF



Chairs with wheels or without back support



Doors that swing outwards



Wet floors



Uneven surfaces

### MOBILITY AID / DEVICE



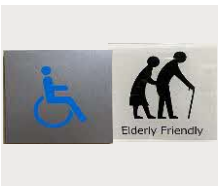
- Lock your wheelchair when stationary and transferring
- Keep mobility scooter within speed limit of 10 km/h



### **IMPORTANT!**

- Ask clinic staff for assistance if you are unsteady in walking
- Do not rush, concentrate when walking

## IN THE TOILET



Use wheelchair / elderly-friendly toilets



Pull the call bell for help



Support yourself with grab bars



Avoid using squatting toilets if you have weak legs or unsteady gait



### **TIPS FOR CAREGIVERS**

- Do not leave your elderly alone
- Always assist your elderly

# TIPS TO PREVENT SLIPS, TRIPS & FALLS

## BE PROACTIVE – STAY SAFE

1. Exercise regularly to strengthen your muscles
2. Go for your yearly eye screening
3. Do not walk if you are feeling giddy



### BUILD STRONGER BONES

### WEAR THE RIGHT FOOTWEAR

1. Consume foods which are high in calcium
2. Have adequate sunlight exposure
3. Have regular weight bearing exercises

1. Soles with adequate friction
2. Covered shoes
3. Well-fitting shoes



## AT HOME



Ensure adequate lighting



Ensure environment is free from clutter



Place items within easy reach



Use non-slip floor mats



Install grab bars in the toilet



Bundle up wires and cables



**What should I do if I had two or more falls in the last six months?**

- Ask your Doctor / Nurse for advice
- Get a referral to the Falls & Balance Clinic

Scan the QR code to watch the Fall Prevention educational video:



Outpatient Management Unit (OMU)  
TTSH Annex 1, Level 1



Scan the QR Code with your smart  
phone to access the information online  
or visit

<https://for.sg/ttsh-health-library>

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