



COUNTRY COUSINS

Care where you're happiest. Home.

**Stay Steady, Live Safely:
A Guide to Preventing Falls**



Why Falls Matter

Falls are one of the most common and serious risks facing older adults in the UK. Around one third (30%) of people aged 65 and over experience at least one fall every year and for those aged 80 and over, that figure rises to about 50%.

According to the NHS and Public Health England, falls are a leading cause of injury-related hospital admissions among older adults, costing the health and social care system an estimated £4.4 billion annually. Beyond the physical impact, falls can also lead to a loss of confidence, reduced independence and a fear of future falls, all of which affect quality of life.

Understanding why falls happen and taking steps to prevent them can make a real difference, helping people remain active, confident and independent in their own homes.

Who's at Risk?

Anyone can experience a fall, but certain factors increase the likelihood. Age-related changes such as reduced muscle strength, poor balance or slower reflexes can make it harder to recover from a stumble. Vision and hearing changes, medication side effects or health conditions like arthritis, diabetes or Parkinson's disease can also raise the risk. Environmental factors play a role too, cluttered spaces, poor lighting, slippery floors and uneven outdoor surfaces all contribute to falls.

Recognising your personal risk factors is the first step to preventing them. A few simple changes at home and in daily habits can significantly reduce the chance of a fall.

Preventing Falls Around the Home

Your home should be a safe and comfortable space. Start by checking that rooms, stairs and hallways are well lit and remove any loose rugs, trailing wires or clutter that could cause you to trip. Use non-slip mats in bathrooms and secure handrails on stairs. If needed, install grab rails beside the bath, shower or toilet for extra stability.

Regular movement helps too. Building strength and balance through simple daily exercises, like standing from a chair without using your hands, heel raises or gentle stretches can maintain mobility and confidence. Wear shoes or slippers with firm, non-slip soles rather than walking in socks or loose footwear.

Don't forget your health checks. Regular reviews of medication, eyesight and hearing can help identify potential causes of dizziness or imbalance. Even small adjustments, like a new pair of glasses or better lighting, can make a big difference to safety at home.



Staying Safe Outdoors

Outdoor environments can present extra challenges, especially in wet or icy weather. Plan ahead before heading out, choosing routes that are well-maintained and avoiding uneven or poorly lit paths where possible. Take your time, rushing increases the risk of slips and trips. In winter, wear supportive shoes or boots with good grip and consider using a walking stick or frame for added confidence.

Staying active is equally important outdoors. Regular walking, light gardening or community exercise classes help maintain strength, coordination and flexibility. Being aware of your surroundings, looking out for wet leaves, uneven kerbs or loose paving, helps prevent unexpected slips. If you're heading out alone, carry a mobile phone or use a personal alarm device so that help is easily accessible if needed.







How Country Cousins Can Help

At Country Cousins, we believe everyone deserves to live confidently and safely in the comfort of their own home. With over 60 years of experience, our dedicated live-in carers provide continuous support that helps reduce falls risk and promote overall wellbeing. We work closely with clients and their families to identify potential hazards, encourage safe movement and exercise, and support daily routines that maintain strength, balance, and independence.

Our tailored, one-to-one care ensures that every client receives the right level of support to stay active, secure, and at ease — while giving families peace of mind that their loved one is in safe hands.

Take Action Today

Preventing falls starts with awareness and preparation. Taking small, practical steps now can make a big difference to your safety and independence in the future. If you'd like more advice or support, our friendly team is here to help.

Call Country Cousins on XXXXX or visit www.country-cousins.co.uk to find out how we can help you stay safe, steady, and independent at home.





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