

STEADY ON[®] YOUR FEET

Cambridgeshire
& Peterborough

Steady On Your Feet

Your information pack includes advice and guidance to help reduce your risk of falling, stay active, and improve home safety.



www.steadyonyourfeet.org/cambsandpete

Search **Steady On Your Feet Cambridgeshire & Peterborough**
scan the QR code to find support in your area.





Information and Advice

This section contains information to help you reduce your risk of falls. To personalise this advice, please complete the self-assessment tool which will allow you to create a printable action plan.



Falls

The more details you can remember about a fall, the easier it is to pinpoint a cause so think carefully about:

- When it happened – Was it related to time of day? Were you doing something specific at the time?
- How it happened – Was it a loss of balance? Did you trip on something? Did you go dizzy? Did you blackout?
- Where it happened – is there a trip hazard you could remove? Have you fallen in this place before? If so, why could this be?

Often, rather than one specific reason, there may be a number of underlying risk factors which have played a part, many of which can be reduced by following some simple advice.

These issues may include:

- Muscle weakness
- Poor balance
- Dizziness
- Environmental hazards
- Vision and hearing problems
- Foot pain, deformity or numbness
- Badly fitting or unsupportive footwear
- Memory loss or confusion
- Poor nutrition
- Medications
- Bladder and bowel conditions
- Alcohol consumption
- Incontinence

Falling can have an impact on your confidence which may then lead to a vicious cycle of reduced activity and a further increase in falls risk.

Taking a pro-active approach, even if you haven't had a fall, will help you take control of the situation and allow you to remain active and independent for longer with an increased quality of life in the long term.

Useful links on falls and how to prevent them:

[Stay Stronger for Longer: A Peterborough guide to staying steady and doing the things you enjoy](#)

[Stay Stronger for Longer: A Cambridgeshire guide to staying steady and doing the things you enjoy](#)

[NHS Falls Prevention](#)

[RoSPA Home Safety Videos](#)



Blackouts

Blackouts can be difficult to identify, particularly if they are brief, but they should be suspected if you cannot recall the fall and / or have injuries to your face, as this suggests you did not put your hands out to save yourself.

Blackouts are very common and happen more often as we age. Common causes include:

- A drop in blood pressure when changing position (e.g. standing up from a chair)
- Heart disorders
- Anxiety / panic attacks / stress

If you think you may have had a blackout, it is important that you inform your GP so the cause can be investigated.

Further Information

[NHS information on fainting](#)



Dizziness

It can occur for many reasons, e.g:

- A drop in blood pressure when changing position (e.g. standing up from a chair)
- If you feel dizzy when you first stand up, change position slowly and exercise your arms and legs before getting up
- Sit back down again if you feel dizzy and wait until it passes
- Stand still or walk on the spot when you first get up and don't rush

Dehydration

- Make sure you drink plenty of fluids during the day (6-8 cups per day, about 1.5-2 litres)
- Drink regularly throughout the day
- Reduce caffeine and alcohol intake

Inner ear disorders / vertigo

- If you feel like the world is moving or spinning, or your dizziness is associated with nausea, vomiting, visual changes or hearing disturbances contact your GP surgery for further advice
- Ensure you have had a hearing assessment recently

Medications

- Discuss your symptoms with a community pharmacist if you are taking medication, particularly medication related to blood pressure

Medical conditions (e.g. diabetes, COPD)

- Consider whether your condition is well managed and discuss with a health professional if you need further advice

Anxiety

- Try some relaxation techniques such as mindfulness or deep breathing
- Discuss with your GP if severe

[NHS information on dizziness](#)



Medication

It is important to have your medications reviewed regularly by your GP or pharmacist so they can keep an eye on any side effects and alter dosage if necessary. This is particularly important as we age as our sensitivity can increase and dosages need to be adjusted accordingly.

Make sure you are taking your medications as prescribed by your GP. There may be specific instructions such as taking them at a certain time of day or on an empty stomach etc., that are important to the effectiveness. Check with your pharmacist if you plan on drinking alcohol or taking over the counter medication as these can have an effect on other medications you are taking.

[Help from a Pharmacist](#)



Environment

Often this is because of hazards within the home or difficulty with daily activities such as getting in / out of bed, on / off a chair or toilet, or in / out of the bath may also cause falls.

Falls prevention in and around the home is often described as 'common sense', however, it isn't always easy to recognise the things that can cause trips, slips and falls.

Use our home safety section to help you identify and remove hazards within your home.

[View Home Safety](#)



Movement and Exercise

Between the ages of 50 and 70 we lose about 30% of our muscle strength and, as we age, our balance reaction times get slower which makes it harder to stay steady, especially if we are doing something quickly. Without physical activity, it is also difficult to maintain strong bones.

There is strong evidence that strength and balance exercise programmes are effective in preventing falls, regardless of age. Specific exercise classes designed for older people are particularly beneficial as they aim to improve balance and strength not just to reduce risk of falls but to make it easier doing everyday tasks such as using stairs, getting out of a chair and even getting onto the floor. They can help you stay stronger for longer and continue to do the things you love.

If you live in Cambridgeshire, click here to find out more about the free Falls Management Exercise (FaME) programme and local strength and balance exercise classes

[Click here for strength and balance exercise classes in Cambridgeshire](#)

If you live in Peterborough, click here:

[Click here for strength and balance exercise classes in Peterborough](#)

Generally speaking, physical activity is any movement that results in a small increase in your heart rate and breathing. If you are new to exercise, begin slowly and gradually build up to the recommended amount:

- Physical activity on most days adding up to 150mins moderate intensity exercise each week (e.g. walking, swimming, cycling)
- Strengthening exercises 2-3 times per week (e.g. gym, carrying heavy bags)
- Challenging balance activities 2-3 times per week (e.g. Re-Ffit and Pre-Ffit strength and balance classes, tai chi, bowls, dancing)

Something is better than nothing, even if it is just breaking up long periods of sitting with regular walks around the house or doing some exercises in your chair. Please note that chair based exercises, while beneficial for many other things, DO NOT prevent falls – exercises must challenge your balance if they are to be effective.

If you are already reasonably active, you still need to ensure your strength, balance and bone health is at its best. Tai Chi and any form of dancing are great activities to help your bones, muscles and balance.

Exercising is safe and beneficial for the majority of people, but, if you experience chest pain or feel faint while exercising you should stop exercising immediately and contact your doctor.

If you need help or advice about the best activities for you, speak to a physiotherapist or the Healthy You – Healthy Lifestyles Service

Remember – Keeping active is vital. If you feel unsteady and a walking aid helps you feel steady and keep active, this is your ticket to freedom.

Using a walking aid is not 'giving up', it is a way of enabling you to maintain fitness including strength, balance and stamina. All of which support independence.

Further Information

For further information regarding community exercise opportunities for older people:

[How Are You Cambridgeshire and Peterborough?: Local Activities that are good for wellbeing](#)

[Healthy You: Find a local physical activity that suits your needs](#)



Vision

You may not notice that your vision is changing but, as we age we become less able to adapt to changes in light and darkness, to tell colours apart and to accurately see depth and distance. This can cause problems with bifocals / varifocals, even if they have been worn for years so if you do wear this kind of lens, take care on steps, stairs and patterned or uneven surfaces.

The older we get, the more common eye conditions such as cataracts, glaucoma and macular degeneration become but, with 70% of visual problems being correctable, it is extremely important to ensure that you have regular eye tests. Remember that eye tests are free if you are 60 or over and many opticians can visit you at home if you are unable to go out and about.

Further information can be found here:

[Age UK eye health](#)

[Find an optician offering NHS Sight Tests](#)

[Royal national institute of blind people](#)



Memory

This may just be a gradual deterioration associated with ageing but can also be associated with stress, poor sleep, infection, certain medications, dementia and excessive consumption or withdrawal from drugs or alcohol.

There is good evidence that there are things you can do to reduce your risk of dementia as you get older. This includes adopting a healthy lifestyle:

- eat a balanced diet,
- maintain a healthy weight,
- be physically active,
- stop smoking,
- and drink alcohol within recommended limits.

It also includes staying mentally and socially active, getting your hearing tested, and treating depression.

If your memory issues are minor, you may find that keeping your brain active with puzzles and games or using visual prompts and lists as reminders can help. If memory problems are severe they can impair judgement, reasoning and insight which can then result in risk taking behaviour which may lead to falls. The ability to recognise and interpret sight, sound and touch may also be affected which can lead to communication and movement difficulties. If you or your friends and family have noticed a change in your memory or behaviour, it is important that you discuss this with your GP or other health professional.

For further information follow the links below:

[How Are You Cambridgeshire and Peterborough?: Local Activities that are good for wellbeing](#)

[Healthy You: Information and support to make lifestyle changes](#)

[NHS Health Checks: Spot early signs of some health conditions](#)

[NHS memory loss](#)

[NHS Dementia prevention](#)

[Alzheimer's Society how to reduce your risk](#)

Age UK Dementia



Nutrition and Hydration

It is important to speak to your GP if you are losing weight for an unknown reason as it could be a sign of an underlying medical condition.

Poor nutrition can result in a weakened immune system, difficulties absorbing medication, impaired wound healing and a reduction in muscle and bone strength which may then lead to an increase in falls. Even if your weight is normal, if you are eating a limited range of foods, you could still be malnourished.

Good hydration is equally as important as water makes up two thirds of our body and is vital to help digestion and flush out toxins. Being dehydrated can cause headaches, confusion, dizziness, constipation, urine infections, etc. which may all increase the risk of falls.

Signs that you are not drinking enough can include feeling thirsty, headaches, tiredness, dry mouth / lips, confusion, dark / smelly urine, constipation.

If you are unsure if you are eating a balanced diet or drinking enough fluid, try keeping a food / drink diary and comparing it to the guidelines below. There are many reasons that your diet may be poor such as small appetite, swallowing difficulties, difficulty sourcing or preparing food, illness and problems with dental health.

If you have difficulty shopping or preparing food, speak to family / friends who may be able to help or consider a meal or shopping delivery service. Contact social services if you are having particular difficulties preparing meals and other daily activities as they may be able to help.

Ensure your teeth or dentures are in good condition to help you eat and drink well.

If you are having problems with swallowing or choking on food please speak to your GP.

Try to eat a varied, balanced diet and maintain good hydration by eating / drinking:

- At least 1 portion of protein at every meal such as cooked meat or meat alternative, fish or shellfish, eggs, cooked beans or lentils, and nuts. Protein is good for muscle strength. If you enjoy fish, go for oily fish such as mackerel, salmon, herring, trout, pilchards or sardines as these are rich in omega-3 fatty acids. Aim for 2 portions a week.
- 2-3 portions of dairy foods every day such as cheese, milk and yoghurt or non-dairy alternatives like soya, almond or coconut milk.
- 1 serving of starchy food at each meal (e.g. bread, cereals, potatoes, pasta or rice)
- 5 varied portions of fruit and vegetables every day (fresh, frozen, tinned, dried or juiced)
- At least 6-8 glasses/mugs of fluid every day (1.5-2 litres) – keep caffeine intake low as this can worsen dehydration
- Reduce alcohol intake
- If you have diabetes please consult your GP, nurse or dietician before making any changes.

Further information:

[British Dietetic Association \(BDA\) - Eating, drinking and ageing well](#)

[NHS Eat well](#)

[British Dietetics Association – Older Adult food facts](#)

[Patients Association - checklist for signs you may need nutritional help](#)

[Cambridgeshire County Council - Help with Meals](#)

[Peterborough City Council - Help with Meals](#)

[The Healthy You service - information and support to eat well](#)



Bone Health

Osteoporosis is a condition which causes reduced bone density and increases susceptibility to fracture (breaking a bone). It is more common in women due to bone loss occurring more rapidly after menopause. The likelihood of having osteoporosis increases if you:

- Have ever broken a bone following a minor bump or fall (over the age of 50)
- Have a low BMI
- Have a family history of osteoporosis or hip fracture
- Are a current smoker or drink more than 3 units of alcohol per day
- Have taken oral corticosteroids (e.g. Prednisolone) for more than 3 months
- Have a diagnosis of Rheumatoid Arthritis
- Have Type I diabetes, untreated hyperthyroidism, chronic malnutrition/ malabsorption, chronic liver disease
- Have gone through a premature menopause (<45 years) without taking HRT

If you have broken a bone after a minor bump or fall and haven't discussed your bone health with another professional, it is important to see your GP so your bone health can be assessed. Diet and lifestyle changes can help to keep your bones as strong as possible, regardless of whether you have osteoporosis or not:

- Stop smoking as this can damage the bone building cells in your body
- Keep your alcohol intake low – excessive alcohol can destroy bones and make you unsteady
- Try to take some sort of weight bearing exercise
 - If you have not broken a bone before, exercise which encourages moderate impact as jogging, jumping, stamping would be beneficial.
 - If you have had a previous fracture or are diagnosed with osteoporosis, The Royal Osteoporosis Society can guide you as to which exercises may be suitable for you. Alternatively speak to your physiotherapist
- Ensure your Vitamin D intake is sufficient. The best source is sunlight acting on skin or a daily supplement. Sunlight exposure without sunscreen should be limited to 10 minutes per day on the arms and face between May and September, All adults are recommended to take a daily 10 microgram Vitamin D supplement (sometimes called 400 Units), particularly over the winter months (October to March) or if you do not go outdoors. These are available in supermarkets or pharmacies.
- Ensure you include plenty of calcium in your diet (1000mg a day)

For further information:

[The Royal Osteoporosis Society](#)

[Royal Osteoporosis Society: Take the osteoporosis risk checker](#)

[Royal Osteoporosis Society: Exercise and physical activity for bone health](#)

[Royal Osteoporosis Society: Nutrition for bones](#)



Feet

Trimming your toenails using a long handled file after bathing, when they are softer, can make them easier to manage independently.

If you struggle or you have foot problems that you cannot manage yourself, a podiatrist or chiropodist can help. This is especially important if you have diabetes.

Try to wear footwear that protects and supports your feet with non-slip soles that are not too thick. Avoid high heels or backless footwear as they are more likely to cause you to trip.

For further information:

[Feet Focus Community Footcare service for low-cost foot care](#)

[NHS Find a podiatrist](#)



Bladder / Bowel

There are a number of bladder and bowel problems which can increase falls risk. These include:

- Strong urge to urinate
- Urine infections
- Passing urine more than 10 times in 24hrs
- Having to go to the toilet more than twice nightly
- Constipation - having hard bowel movements less than 3 times a week
- Diarrhoea - loose watery faeces that need to be passed urgently
- Difficulty accessing toilet

These issues can be exacerbated by poor hydration and high caffeine and / or alcohol intake.

You can help to keep your bladder and bowel healthy by drinking 6 to 8 cups of fluid per day and minimising any drinks containing caffeine or alcohol.

Eating a balanced diet with plenty of fibre e.g. wholegrain bread, cereals, peas and beans and fruit and veg, can help to ease constipation.

If you find it difficult getting to the toilet at night, a commode or urinal may be helpful. Speak to your GP about a continence assessment if you are having on-going issues and require further support.

Further Information

[Pelvic floor exercises](#)

[Safe and Well Cambridgeshire: Equipment to help with everyday tasks](#)



Fear of Falling

The more worried you become, the less likely you are to keep active which, in turn, makes you more likely to fall again. You may find that you are more careful with your walking, start to slow down your pace or you begin to leave the house less often. These are very common behaviours and it may mean you've lost some of your confidence when getting around. It is important to remember that there are lots of things that you can do to reduce your risk of falling and improve your confidence. Working through the self-assessment tool on this website is a great start.

Having a falls plan in place can help to reduce anxiety and will reduce the likelihood of being on the floor for a long time.

If you are hurt or unable to get up:

- Summon help by using your pendant alarm, calling out, crawling to a telephone or banging on a wall
- Make sure there are blankets in each room so that you can keep warm
- Move to a softer surface if you are able
- Change position regularly if you are able

If you are unhurt and feel you can get up:

- Roll over onto your hands and knees
- Crawl to a stable piece of furniture such as an armchair and use this to assist you with getting up
- Turn and sit on a chair or bed and rest for a while

If you are worried about falling when you are alone at home, you might want to get a pendant alarm to enable you to call for help even if you can't reach the telephone.

There are also telecare sensors available such as falls detectors for people who would not be able to press a pendant alarm.

Remember

- If you have had a fall, try not to worry about it too much. There are plenty of things you can do to minimise your risk of it happening again
- If your worries are not going away, try talking to someone about it
- Set yourself small goals to build back up to your usual activities – e.g. walk for a short distance first
- Think about all the times you haven't fallen and try to maintain your usual levels of activity

[Complete a self-assessment and develop an action plan](#)

For more information:

[Healthy You Falls Management Exercise \(FaME\) programme](#)

[CPFT Psychological Wellbeing Service](#)

[Cambridgeshire County Council Community alarms \(Lifeline\)](#)

Peterborough City Council Lifelines



Sleep and Falls

What I can do:

- Limit your daytime sleep
- Be as active as you can during the day
- Have a set bedtime routine
- Milky drinks before bedtime may help
- Tea and coffee later in the day are likely to keep you awake. Try switching to decaffeinated versions of your favourite drinks
- Play music you enjoy or that is especially good for relaxation before going to bed
- Try not to worry about the things you cannot change

It is important to sleep in bed whenever possible as it helps to improve circulation, to reduce swelling in limbs, and ensures all muscles in the body are in a relaxed state.

Sleeping pills are a common risk factor for falls, especially if you find yourself falling in the night or in the morning. If you are on regular sleeping pills, you may wish to speak to your GP about this.

Fatigue and boredom can also affect how alert we feel, which can increase falls risk. Keep to a good routine and try to keep your mind active by doing crosswords, reading the paper etc. Avoid sleeping for too long during the day, and pace yourself to manage fatigue.

Rolling out of bed

If you are rolling out of bed as you are asleep consider;

- Changing the side of bed you sleep on, or sleep more centrally in the bed.
- Review night time sedatives (sleeping tablets) as this could contribute to this.
- Place a small towel under the edge of the fitted sheet to create a small barrier to alert you to being near the edge of the bed.
- Elevate the edge of the mattress

If you are falling from the bed when you are trying to get in or out, consider:

- Adapting the height of the bed- if it is too low it is easy to get in but hard to get out off
- If the bed is too high- it will be hard to get in, and you may 'slide' out. Remove casters, or invest in a shallower mattress
- The sheets are too slippery.
- The edge of the mattress is too soft.

Bed handles to assist with bed transfer, for this speak to Occupational therapy or other health professionals for advice.



Home Safety

This checklist has been designed to help you identify hazards and reduce the risks that can contribute to you falling in your own home.

Click on the rooms and you will be provided with a series of questions and tips to help you to identify hazards and improve the safety in your home

Living Room / Lounge

Your living room is usually where you spend most of your day. That's why it's essential to make sure it's a safe space to move around freely. Our guidance helps prevent falls and ensure your comfort.

Do you have casters under chairs which makes them likely to slide as you get up?

Casters make furniture easier to move but can cause a problem if they slide back just as you are getting up. Either remove the casters or fit cup shaped carpet savers underneath.

Can you get in and out of your chair safely?

If your chair is too high or too low it may need adjusting to make it easier to get in and out of.

Do you have other chairs in your house which are a better height for you?

Get someone to swap them over for you.

Do you have to lean or stretch to open windows or curtains because furniture is in the way?

Ask someone to help you re-arrange the furniture so that your windows are more accessible.

Is the temperature of your home at least 18-21 degrees?

A cold home is a hazard because it reduces the muscle power in your legs which puts you at a greater risk of a fall when you move around.

For advice and support to keep your home warm, contact PECT Cambridgeshire Home Energy Support service or the Local Energy Advice Partnership (LEAP). See the 'Further Information' section below for details.

Kitchen

Your kitchen can be a bustling area, but it's crucial to maintain safety to minimise your risk of falling. Our easy-to-follow advice helps you identify hazards and enhance safety in the kitchen.

Is there a risk of falling on wet flooring especially near the sink and washing machine?

Non-slip mats, a fitted carpet or carpet tiles could be used. Wet floor areas should be mopped as soon as possible.

Is everything within easy reach without stretching or climbing on chairs/stools etc?

Stretching and reaching above head height can make you feel dizzy and there is a temptation to climb up on chairs to reach something. Things, which are used regularly, should be on the 'easy to reach shelves'.

If steps have to be used, are they secure with a handrail and system to keep the legs locked?

Never use a chair or a stool to stand on. Properly designed steps can be used in reasonable safety if you are fit enough. They must be designed with an effective handrail and with an easily applied lock for the legs. If possible, ask someone else to help.

Do you struggle to carry items from the kitchen to dining area?

You might benefit from a kitchen trolley. Trolleys are not recommended as a walking aid, they are to carry items from one place to another. If you are unsteady on your feet you will need an assessment to see if a trolley is safe for you to use.

Bedroom

Your bedroom should be a sanctuary. But it's also a place where the risk of falling increases. By making small changes, you can create a safer and more comfortable environment, while reducing risk.

Do you feel safe getting in and out of bed?

Consider if your bedding / clothing is increasing the risk of slipping from the bed. Consider if your mattress is too soft and not providing support, or your bed is too high or too low.

Is there a light that can be turned on and off from the bed?

Fit a pull cord for the main light within reach of the bed. A bedside lamp is an alternative though may be a fire hazard if it is permanently plugged in. A battery powered push light fitted next to the bed is a good solution.

Is there a telephone next to your bed?

It is useful to have a telephone in your bedroom. Ensure your pendant alarm, if you have one, is within reach when you are in bed. DO NOT leave mobile phones charging overnight – Fire Risk

Bathroom

Your bathroom can be one of the most high-risk places for potential slips and falls. But by addressing safety measures, you can minimise the risk of falls and ensure a secure and comfortable bathroom experience.

Is there a risk of falling on wet vinyl or tiled flooring?

Non-slip mats, a fitted carpet or carpet tiles could be used. Wet floor areas should be mopped as soon as possible.

Can you access the bath and/or shower safely?

Non-slip rubberised mats are readily available. A grab rail may improve your safety / confidence. If you are unable to bathe safely, you may benefit from further assessment.

Can you get on and off the toilet safely?

A grab rail may be helpful instead of using a radiator or any other bathroom fittings for support. A handy person would be able to install one.

Stairs and getting about the house

Safely navigating your way around your home is essential for preventing falls. With our assistance, you can identify and address hazards, enhancing falls safety and quality of life inside the home.

Are staircases and landings well lit?

Routes should be kept illuminated when they are in use and ensure that light switches are easily reached.

Is there a two way light switch present (e.g. a switch at both the top and bottom of stairs)?

Have an electrician fit a two way lightswitch. Consider the local council 'handy person scheme'.

Do you feel stable when going up and down the stairs?

It is essential to have a handrail, even on small flights of stairs. Additional ones can be fitted by the local handyperson scheme. Consider minimising journeys up and down the stairs.

When you walk through a room, do you have to walk around furniture?

Consider moving things so that your path is clear. Ask someone to help if needed and always use your walking aid as instructed.

Are there papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?

Pick up things that are on the floor and always keep objects off the floor. A 'helping hand' may reduce stooping / overreaching.

Do you have to walk over or around cords or wires (e.g. cords and wires from lamps, extension cords or telephone cords)?

Coil or tape cords and wires next to the wall so they are not a tripping hazard. If possible, have an electrician put in another socket. Consider a fire home safety check from the local fire brigade who can provide advice and supply / fit smoke alarms if required.

Do you have a letterbox cage to avoid stooping to pick up your

letters?

These are quite easy to fit, and apart from saving you from stooping, will also stop papers being spread across the floor just inside the doorway which could make you slip. (Available at DIY stores and the handy person scheme can fit)

Do you have loose rugs or runners on the floor?

Remove the rugs and runners or use non slip matting beneath the rugs to prevent them from slipping.

If you fall do you have a system for calling assistance?

A personal alarm pendant is a good way of doing this, and there are a number of schemes available.

Are the carpets in good condition and not frayed?

Worn carpets are a major cause of serious falls and should be replaced or secured.

Garden and getting in and out of the house

Navigating the outdoor areas around your home, including paths, steps and the garden, requires attention to safety.

Are paths clear of leaves and overgrown plants?

Keeping your garden tidy and free of obstacles will make it safer.

Are your paving stones free of moss and algae?

Moss and algae can become slippery when wet; prune over hanging plants and branches to improve light and air circulation. You can buy products to remove algae or ask someone to remove it with a pressure washer.

Do you have any uneven or broken paving slabs?

Ask someone to replace or straighten them up.

Are your flower/vegetable beds at ground level (rather than in containers or raised beds)?

Try not to spend too long in one position and take care when standing up from a bent over position.

Try to alternate activities between seated ones and standing ones.

Consider container gardening or raised beds.

Do you have high step(s) to get in and out of the property?

You may benefit from an additional step and / or grab rails.

Remember to use your walking aid (if you use one) outdoors as well.

Sensory Support

Navigating a home safely is essential for everyone, especially for those with sensory impairments.

Do you have adequate lighting in your home?

Ensure that you have the correct level of lighting in your home. If you need brighter lighting fluorescent bulbs are brighter and cost less to use.

Are the lighting levels in your home consistent?

It is safest to have similar lighting in each room. Add lighting to dark areas and you can hang lightweight curtains or shades to reduce glare.

Is the path from your bed to the bathroom dark?

Put in a night light so that you can see where you are walking. Night lights are low energy lights which plug into a mains socket. A dusk to dawn light will switch on and off automatically.

Do you have regular eye checks?

Have your eyes checked by an optician at least once a year and update your glasses. Opticians can visit you at home if you are unable to get out.

Fire Safety

Ensuring fire safety in your home is crucial, not only for preventing fires but also for reducing the risk of falls. These key considerations and tips will create a safer home environment.

Do you have working smoke alarms in the correct positions in your home and are you aware of the fire risks within your home?

Consider a Fire Home Safety Check from the Cambridgeshire Fire and Rescue.



Staying Active

Feeling weak or unsteady can increase your risk of falls. Strength and balance exercise is proven to reduce the risk of falls and will help you stay stronger for longer and doing the things you enjoy. For some basic advice, videos and to find a local strength and balance class visit:



Guidelines and Advice

From recommendations for daily activity to strength, balance, and flexibility exercises, this page provides valuable insights to help you stay physically active and prevent falls.

Before diving into an exercise routine, we've included important preparations to ensure your safety and well-being. Explore these expert recommendations and take your first steps towards healthy, independent and safer ageing.

Physical Activity Guidelines for Older Adults

For individuals aged 65 and over, the following guidelines provide a framework for staying physically active:

- **Daily activity:** Strive to engage in some form of physical activity every day, even if it's light in intensity. This could involve a leisurely stroll, gentle stretching, or basic mobility exercises.
- **Strength, balance, and flexibility:** Incorporate activities that specifically target the improvement of strength, balance, and flexibility into your routine on at least two days a week. These exercises are invaluable for maintaining stability and preventing falls.
- **Moderate or vigorous activity:** Aim for at least 150 minutes of moderate-intensity activity each week. If you are already active, consider engaging in 75 minutes of vigorous-intensity activity weekly. Alternatively, you can combine both moderate and vigorous activities to reach your target.
- **Break up sitting time:** Reduce prolonged periods of sitting or lying down by breaking them up with short bursts of physical activity. Even simple movements, like standing up and stretching, can contribute to your overall well-being.

Before embarking on your exercise routine, it's essential to make some necessary preparations:

- **Sturdy support:** Ensure you have something sturdy and stable to hold onto during exercises. A kitchen worktop is an ideal choice.
- **Supportive footwear:** Wear supportive footwear that provides stability and comfort.
- **Stay hydrated:** Keep a glass of water within reach to stay hydrated during your workout.
- **Start slowly:** Begin with exercises that you can comfortably manage. Start at a slow pace and gradually build up your routine.
- **Medical consultation:** If you have a heart condition or any other medical condition that may affect your ability to exercise, it's advisable to consult with your GP or healthcare provider before starting an exercise regimen.

These simple preparations will help ensure a safe and effective exercise session, tailored to your individual needs and capabilities.



Sitting Exercises

Whether you've been away from regular exercise or simply prefer seated routines, these exercises are gentle and easy to follow.

Getting Started

Before you begin, ensure you have a solid, stable chair without wheels. This chair should allow you to sit with your feet flat on the floor and your knees comfortably bent at right angles. Chairs with armrests should be avoided as they can restrict your movement.

Dress Comfortably and Stay Hydrated

Wear loose, comfortable clothing that allows for easy movement. Keep a bottle of water within reach to stay hydrated during your exercise session.

Gradual Progression

Remember, building up your exercise routine gradually is key to success. Start with a manageable number of repetitions for each exercise, and over time, aim to increase the repetitions at your own pace.

Consistency Is Key

For optimal results, aim to incorporate these seated exercises into your routine at least twice a week. Combining them with other exercise routines can further enhance your overall well-being.

By engaging in these seated exercises, you are taking proactive steps to maintain your mobility, improve your strength, and reduce the risk of falls. Exercises can be adapted to your fitness level, ensuring that you can comfortably and safely enjoy the benefits of physical activity. Try to do these exercises at least twice a week. While beneficial for general health, on their own, chair-based exercises do not prevent falls – exercises must challenge your balance to do this. That's why it's important to combine these with other routines and activities.

<https://www.youtube.com/watch?v=LlscrsIMxc> <https://www.youtube.com/watch?v=7gZZFUbvpw>
<https://www.youtube.com/watch?v=nZpp5xcleVw> <https://www.youtube.com/watch?v=2w80Gul-Syl>
https://www.youtube.com/watch?v=0l9jj_vD5GM

We Are Undefeatable Chair Exercises

NHS Sitting Exercises



Strength Exercises

Whether you've taken a break from exercise or are just starting, these gentle exercises are straightforward to follow.

Prepare Your Space

To get started with chair-based strength exercises, you'll need a stable chair that doesn't have wheels and won't slip on the surface it's placed on. Ensure that you can comfortably sit with your feet flat on the floor and your knees bent at right angles. Chairs with armrests should be avoided as they may limit your range of motion.

Dress Comfortably and Stay Hydrated

Choose loose, comfortable clothing that allows for freedom of movement. Keep a bottle of water within reach to stay well-hydrated during your exercise session.

Gradual Progression

Remember that progress is achieved through gradual increments. Begin with a manageable number of repetitions for each exercise, and as you become more comfortable, aim to incrementally increase the repetitions over time.

Consistency Matters

For the most effective results, incorporate these strength exercises into your routine on a regular basis. Consistency is key to improving your overall health, mobility, and strength.

By incorporating these gentle strength exercises into your day, you're actively enhancing your health and mobility. These exercises can be tailored to suit your fitness level, ensuring that you can safely and comfortably enjoy the benefits of regular physical activity.

<https://www.youtube.com/watch?v=vv0lgUuQosE> <https://www.youtube.com/watch?v=fqltYG4Bfes>
<https://www.youtube.com/watch?v=M0ampRReDXA> https://www.youtube.com/watch?v=0I9jj_vD5GM
<https://www.youtube.com/watch?v=90Khz0gNmug>

We Are Undefeatable Strength Exercises

NHS Strength Exercises

NHS Strength and Flexibility Exercises



Flexibility Exercises

Whether you're returning to exercise after a break or starting anew, these exercises are gentle and designed so you can simply follow along.

Prepare Your Space

Ensure you have a comfortable, uncluttered space for your exercises. Wear loose, comfortable clothing that allows for freedom of movement. Keep a bottle of water handy to stay hydrated during your routine.

Gradual Progression

Don't worry if you haven't been active for a while. These exercises are beginner-friendly. Start with a comfortable number of repetitions for each exercise and gradually increase them over time. Consistency and patience are key to making progress.

By incorporating these flexibility exercises into your routine, you'll be actively enhancing your health and mobility. These exercises are adaptable to your fitness level, allowing you to enjoy the benefits of improved flexibility and overall well-being.

<https://www.youtube.com/watch?v=ch6gfWu216A> <https://www.youtube.com/watch?v=2w80Gul-SyI>
<https://www.youtube.com/watch?v=vv0lgUuQosE> https://www.youtube.com/watch?v=J7BcXbsy1_Q

We Are Undefeatable Flexibility Exercises

NHS Flexibility Exercises

NHS Strength and Flexibility Exercises



Balance Exercises

Whether you're reinitiating exercise or starting fresh, these exercises are designed to improve balance and help you move around.

Create a Safe Environment

To ensure safety, consider performing these exercises near a wall or a stable chair just in case you need support. Wear loose, comfortable clothing that allows for freedom of movement, and have a bottle of water within reach to stay hydrated during your workout.

Gradual Progression

If it's been a while since you last exercised, don't worry. These balance exercises are suited for beginners. Begin with a comfortable number of repetitions for each exercise, and gradually increase them over time. Patience and consistency will help you make steady progress.

By incorporating these balance exercises into your routine, you'll actively improve your health and mobility. These exercises can be adapted to your fitness level, ensuring that you can comfortably and safely enjoy the benefits of enhanced balance and overall well-being.

<https://www.youtube.com/watch?v=ujoD1l4fnP4> <https://www.youtube.com/watch?v=C0nVlrJ26dw>
https://www.youtube.com/watch?v=A28iwva1J_M <https://www.youtube.com/watch?v=mrPjiFlp9wo>
<https://www.youtube.com/watch?v=E0Mez6c7Pk0> https://www.youtube.com/watch?v=KtE2_SmXmT8
<https://www.youtube.com/watch?v=1jrC9NdH3EE> <https://www.youtube.com/watch?v=HiDpYePaUHg>

We Are Undeatable Balance Exercises

NHS Balance Exercises



General Exercises

They are beneficial for general health, and are perfect to add to your routine alongside more strength and balance-based activities.

<https://www.youtube.com/watch?v=w3VICljvWsY> <https://www.youtube.com/watch?v=J6HGXUS7IYI>
<https://www.youtube.com/watch?v=YpC1zw7VPGE> <https://www.youtube.com/watch?v=bqr5Wcru9N4>
https://www.youtube.com/watch?v=u2Bf_QnxLtw <https://www.youtube.com/watch?v=vG2h46j-VAs>
<https://www.youtube.com/watch?v=Z0TokrUpv8Q> <https://www.youtube.com/watch?v=0NvVm0FpsII>
<https://www.youtube.com/watch?v=-bPfgpSMin8> <https://www.youtube.com/watch?v=jVyKoHIQAYa>
<https://www.youtube.com/watch?v=-w4XgMBpsqk> <https://www.youtube.com/watch?v=EXtBT-WAu4g>



Freedom To Move

Being active doesn't have to require a costly investment. Teaming up with Bill Bailey, We Are Undefeatable has created three easy to follow videos that show you the free ways you can stay active through everyday activities that are suited to everyone's capabilities.

<https://www.youtube.com/watch?v=Gbf0PpHfLoc> https://www.youtube.com/watch?v=Hs_r9WEkg6w
<https://www.youtube.com/watch?v=jMAxBbFd1cg> https://www.youtube.com/watch?v=nDz_MRkJFC4

We Are Undefeatable: Freedom To Move

5

Five In Five

Designed for people living with long term health conditions but also useful for older adults, these five minute mini-workouts are completely customisable to suit your needs and ability.

<https://www.youtube.com/watch?v=ayRZ9dpb9G0>

Getting started is simple. Download the Five In Five booklet to find different mini-workouts. Each one includes five movements which you can do seated or standing for one minute each, to build a five minute workout.

Whether you want to improve your strength, unwind and relax, or just have a bit of fun, there's bound to be a Five In Five that suits you.

[We Are Undefeatable: Five In Five Booklet](#)

[We Are Undefeatable: Five In Five](#)

NHS Resources

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke. We've gathered some simple and handy exercises from the NHS to support healthy and active ageing.

Discover a wealth of expert guidance on staying physically active, enhancing strength and balance, and the benefits of an active lifestyle during later years. Explore these NHS resources and start to reduce your risk of falls, and enjoy a healthier, more active life.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

[NHS UK: Sitting Exercises](#)

[NHS UK: Strength Exercises](#)

[NHS UK: Flexibility Exercises](#)

[NHS UK: Strength and Flexibility Exercises](#)

[NHS UK: Balance Exercises](#)



Find Local Exercise Classes

These classes, which often cover activities like aerobic exercises, tai chi, dancing, or bowls, are enjoyable and tailored to older adults.

Beyond the fitness benefits, joining an exercise class boosts your social interactions, providing opportunities for new friendships and shared motivation. A group dynamic can also help keep you motivated and committed to your goals.

Find the Right Class

Seek out exercise classes specifically designed for older individuals. Consider classes aimed at building strength and balance. Locally, we have a range of progressive classes for different abilities. They may be called 'strength and balance' classes, 'postural stability' or 'Pre-Ffit' or 'Re-Ffit'.

For more information on available community classes, contact:

- Forever Active on 07432 480105 for classes in Cambridge City, South Cambridgeshire and East Cambridgeshire or Visit [Forever Active](#)
- East Cambridgeshire District Council on 01353 665555 for more classes in East Cambridgeshire or visit: [Healthy You - East Cambridgeshire](#)
- One Leisure on 01480 388111 for classes in Huntingdonshire or visit: [One Leisure](#)
- Active Fenland on 01354 654321 for classes in Fenland or visit: [Active Fenland](#)
- Vivacity on 01733 863600 for classes in Peterborough or visit: [Vivacity](#)

If you have had a fall or become unsteady on your feet, we recommend that you join a tailored strength and balance programme before joining a community class. Contact Healthy You on 0333 005 0093 or visit: [Healthy You - Falls Prevention](#)

Need transport to get you there?

Community transport schemes are available for people who may struggle to get to places. For a list of schemes in Cambridgeshire and Peterborough visit: [Community Transport Schemes](#)

Exercise at Home

If you're not quite ready for group classes or prefer exercising at home, explore our range of simple exercises that you can do in the comfort of your own space.

Steady On Your Feet: Staying Active

Help and Contacts

Whether you're looking for someone to speak to, equipment for your home, or help finding the right activity, this section brings useful contacts together in one place.

Here you'll find local and national services that can offer advice, support, and practical help.

General Support

Healthy You Falls Prevention Service

The Healthy You Falls Prevention Service is a FREE service commissioned by Public Health at Cambridgeshire County Council and Peterborough City Council.

[Visit website](#)

How Are You (H.A.Y.) Cambridgeshire & Peterborough

How Are You (H.A.Y.) Cambridgeshire & Peterborough is a community engagement team working within Cambridgeshire & Peterborough NHS Foundation Trust, who think creatively about solutions to mental health needs and connects community assets to clinical care.

[Visit the website](#)

Living independently (Peterborough)

Most people over the age of 85 are able to remain living independently in their own homes in Peterborough. There are lots of things you can do remain living independently in the community for as long as possible.

[Visit website](#)

Help with meals for adults and older people (Cambridge)

There are tools, equipment and organisations which can make meal times easier. You can get groceries delivered directly to your house, or use a meal delivery service (often known as meals on wheels).

[Visit website](#)

Staying Active

Stay Stronger for Longer (Peterborough)

A Peterborough guide to staying steady and doing the things you enjoy.

[View more information](#)

Stay Stronger for Longer (Cambridge)

A Cambridge guide to staying steady and doing the things you enjoy.

[View more information](#)

Home Safety

Cambridgeshire County Council Sensory Services

Provides information services and support for people with deafness, hearing loss, vision loss and dual sensory loss.

Contact: 0345 045 5202

Email: Careinfo@cambridgeshire.gov.uk

[Visit website](#)

Peterborough Information Network | Sensory Impairment (Adults)

Provides information services and support for people with deafness, hearing loss, vision loss and dual sensory loss. Contact the Adult Early Help Team on 01733 747474.

[Visit website](#)

Cam Sight

CamSight is a Cambridgeshire charity that supports local people of all ages living with low vision and blindness to live the lives they choose.

Contact: 01223 420033 (Cambridge) or 01945 660795 (Wisbech)

Email: info@camsight.org.uk

[Visit website](#)

Peterborough Sight

Contact: 01733 344844

Email: info@mypab.org.uk

[Visit website](#)

**STEADY ON
YOUR FEET**

www.steadyonyourfeet.org