



# STOPFALLS

## Staying healthy at home

*A guide for older adults living at home,  
who would like guidance for staying active*

#BackToBetterHealth

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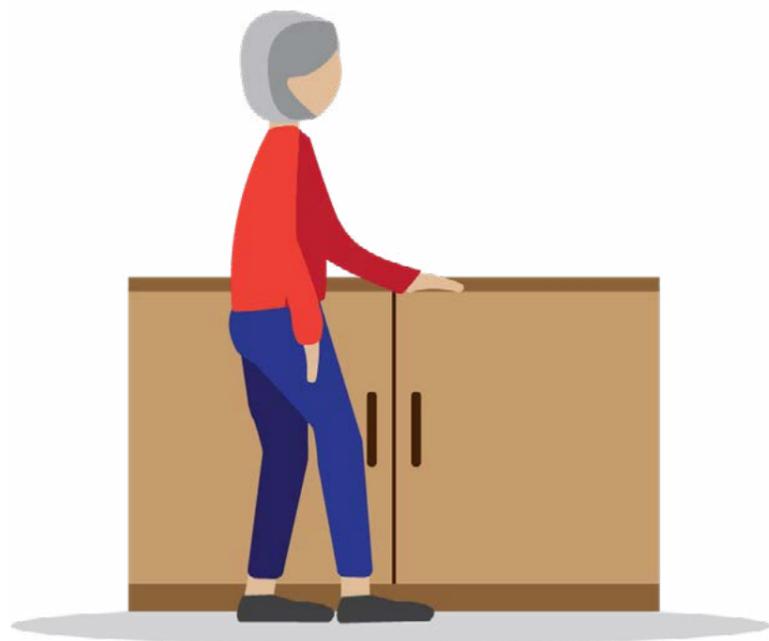
Visit [hcpastopfalls.co.uk](http://hcpastopfalls.co.uk) to find our exercise videos and follow along at home.

Download the free **StopFalls App**, where you can watch these exercise videos at home and follow along as well as 'fall-proofing' your home.



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## About this booklet

This booklet aims to give people who are over 70, who live in their own home, and who are not in receipt of care, general guidance on staying active and healthy.

It provides information on the benefits of exercise on cardiovascular (aerobic) health, flexibility, strength, bone density, and balance, as well as offering suggestions on the types of exercises that can be performed in your own home. This information is based on the recommendations laid out in the Department of Health Chief Medical Officers' Physical Activity Guidelines (2019).

### The overarching messages are:

- *The benefits associated with physical activity almost always outweigh the risks of not being active, providing the duration and level of intensity is appropriate for the individual*
- *'some is good, more is better'*

**Follow along with our live exercise classes on zoom. Visit [hcpastopfalls.co.uk](https://hcpastopfalls.co.uk) for more information on class times!**



# Safety Tips

## IMPORTANT:

As you have not been individually assessed as being safe to perform these exercises, it is extremely important that you contact a Physiotherapist, your GP, or another appropriately trained person for advice, if you have any concerns, or if you feel that any of the suggestions are not suitable for you. This may be necessary if you have an underlying medical condition or an injury, which may be made worse by any of the suggested exercises \*. Please also see safety tips below.

- If you are unsure whether you should be exercising, consult with your GP or other health professionals
- Please do not participate in exercise if you feel unwell, or if you are experiencing chest pain, dizziness or severe shortness of breath, (call 111 if you are experiencing these symptoms, or 999 in an emergency)
- Ensure you are wearing suitable footwear and clothing
- Ensure you have sufficient space around you, so that you do not injure yourself or trip on obstacles
- If you are at risk of falls, ensure: you have your phone or call-bell nearby, you have removed any obstacles, you have your glasses to hand, you have taken medication at the right time, e.g. allowing pain medication to take effect before exercising, or, allowing enough time for the effects to wear off after taking any medication that causes you to feel dizzy or off-balance
- If you are using an exercise band, please only use it if it is free of damage or tears
- For the exercises with a chair, choose one that is stable and without wheels
- Please have water nearby to keep yourself hydrated during and after exercise
- Ensure as much as possible, that your joints are in good alignment when participating in an exercise
- Try to attempt these exercises twice a week, start slowly and increase the repetitions over time
- Remember, it is normal to feel some muscle soreness after exercise, BUT, if you experience persistent pain then seek advice from your GP or a Physiotherapist

*Please note: Participating in these exercises is at your own risk, please only do so if you are safe to do so. All content is provided as general information by HCPA. It should not be treated as a substitute for any other medical advice.*

# What and how much?

Older adults in particular should include activities that improve strength, flexibility and balance, in order to maintain function and confidence, as well as to reduce the risk of falls.

The CMO found that small increases in the amount of daily activity in this group of people can result in significant health and functional benefits. The guidelines state that **“some is good, more is better”** and even light activity (such as standing for short periods), has distinct benefits over being sedentary.

Interestingly, the improvements of increasing the time spent being physically active are especially significant for those starting from the lowest level of activity and, as the health benefits for each minute added are likely to be proportionately greater. In other words:

***Every minute counts!***

***It's never too late to start!***

***Even a little movement is better than nothing!***



## In order to gain health benefits older adults (65+) should:

- Be active every day
- Participate in any activity that helps maintain physical and mental health, wellbeing and social functioning
- Undertake physical activities aimed at improving muscle strength, balance and flexibility (these can be combined with aerobic activity) at least 2 days/week
- Build up from current levels and aim to accumulate 150 minutes/week of moderate intensity or 75 minutes/week of vigorous (or shorter duration very vigorous activity or an equivalent combination of each)

Break up prolonged periods of being sedentary (sitting) with light activity such as hourly standing practice.

### Gender and Ethnicity

The CMO states that although much of the evidence on the links between physical activity and health has been gathered from studies of men, more recent evidence shows similar links in women. Also, whilst the data predominantly includes white populations, there is no reason to assume there are differences according to ethnicity. There may be differences pertaining to the type of activities that are meaningful to different people, but these should be established on an individual basis.

### Disability

The evidence is growing on the amount and type of physical activity required for health benefits in adults with disabilities, although it appears to be mainly based on studies on people with spinal injuries, or intellectual impairments and not on people with other conditions. It would make sense therefore that, for adults with disabilities, physical activity needs to be at an appropriate level to the individual's specific needs and abilities, but still, "some is good, more is better."

### Falls Guidance and Information:

NICE guidance (2013) on falls in older people also states that multifactorial interventions with an exercise component are recommended for older people in extended care settings who are at risk of falling.

In older adults with frailty, history of regular falls or vertebral fractures or moderate-to-severe dementia, new exercise interventions should be prescribed and supervised at first by an appropriately trained and qualified Health Professional in order to ensure safety and to reduce the risks of injury.

A muscle strengthening and balance programme is recommended for older people living in the community with a history of recurring falls and/or balance and mobility problems. This should be individually prescribed and monitored by an appropriately trained professional. All healthcare professionals caring for persons known to be at risk of falling should develop and maintain basic professional competence in falls assessment and prevention [2004].

People at risk of falling and their Caregivers should be offered information verbally and in writing about:

- What measures they can take to prevent further falls
- How to stay motivated if referred for falls prevention strategies, which include exercise or strength and balancing components
- The preventable nature of some falls
- The physical and psychological benefits of managing falls risks
- Where they can seek further advice and assistance
- How to cope if they have a fall, including how to summon help and how to avoid a 'long lie'

*\*Please refer also to HCPA StopFalls resources*



# The Health Benefits of Physical Activity and Exercise

Whilst this section gives examples of different types of exercise, it is important to remember that risk assessments must be in place where necessary and that, for a person with specific impairments and needs, a referral should be made to a qualified Allied Health Professional (Physiotherapist (AHP)), or your Service's Chair-Based Exercise Instructor, who can refer to the appropriate person.

**REMEMBER: "Some is better than none"**

## Physical Activity specifically improves:

### Cardiovascular (aerobic) health

Improves fitness, by improving heart and lung function

### Flexibility

Improves muscle length and joint range of movement, therefore improves function

### Strength

Improves muscle strength, delaying the natural decline that occurs due to ageing

### Bone Density

Improves bone mass, delaying the natural decline that occurs during aging, which reduces the likelihood of developing osteoporosis (see section on 'Increased Bone Density')

### Balance

Improves balance, reducing risk of falls

## Physical Activity also:

- Reduces risk of disease and the effects of certain diseases
- Helps manage existing conditions
- Develops and maintains physical, mental and cognitive function
- Can contribute to improved social functioning and confidence
- Can reduce loneliness, social isolation and depression

## Increased Heart and Lung Function

### Cardiovascular (Aerobic) Activity:

- Improves fitness by improving heart and lung function
- As the intensity of the activity increases, heart rate, respiratory rate and energy expenditure also increase
- Is relative to the individual's level of fitness, so what may be light intensity for a fit individual may be vigorous for someone who is less fit
- Activity levels need to be built up gradually. If the exercise is too difficult for the person, they may be demotivated
- Use the 'talk test' to differentiate between moderate and vigorous activity for a person: being able to talk but not sing, indicates moderate activity, whilst not being able to talk without pausing, indicates more vigorous activity

**Sedentary:** from being not mobile to sitting unsupported, activities involving increased movement including: standing, bending, pushing, pulling, Chair-Based Exercises.

**Light:** Household chores, yoga, Tai Chi

**Moderate:** Walking (mobility practice), cycling, shopping

**Vigorous:** Playing football, tennis, swimming, dancing

**Very vigorous:** Sprinting, skipping, uphill running



*Please note these levels are a general guide. For example, for one individual yoga may be light activity, whereas for another, it may be a vigorous activity. The same might also apply to walking. It is also important to note that each activity can be carried out at varying levels of effort.*

## Increased Strength

### Muscle Strengthening Activities:

- Ensure muscle and bone health, as these are interlinked. When the muscles pull on the bones, the bones respond by renewing themselves and maintaining or improving in strength. These are most effective if all the major muscle groups of the upper and lower body are worked
- Maintain function in later life by delaying the natural decline in muscle mass (which leads to osteopenia and osteoporosis - a major factor in fractures sustained following a fall. Fractures typically occur from age 50+ years
- To strengthen, muscles need to be moved against some resistance. This can be done by adding a load for the muscles to work against. As the muscles get stronger and the movements become easier, the intensity of the resistance can be gradually increased by increasing the weight that is lifted. This is known as progressive resistance training, and research studies have shown that this is likely to be the best type of muscle strengthening exercise for bone strength
- A person should only be able to complete 8-12 repetitions with the weights or band before the muscle is too tired to do another repetition. In practice, the muscles will feel warm and may feel shaky and that the last repetition is difficult to achieve
- It is important to use the correct technique for each muscle group to avoid injury to the joints\*
- Building up gradually, according to a person's own fitness level and muscle strength, is essential. 3 sets of 8-12 repetitions of each exercise is ideal

### Examples of muscle strengthening activities:

- A weight in the hand
- Using elastic resistance bands
- Yoga
- Tai Chi
- Using the person's body weight in a squat or press up
- Standing for a few minutes every hour, for someone who is otherwise sedentary



*Please note that the choice of activity is likely to vary according to the person's starting level of ability. Also, resistance needs to be gradually increased, to continue to achieve improvements in muscle strength.*

### Specific muscle strengthening exercises could include\*:

For your upper body and spine:	For your lower body and hips:
Wall press	Squats
Bicep curl	Sit-to-stand
Tricep press	Hip abduction
chest press	Extension and flexion
Back extension	Lunges
Overhead press	Leg press
Deadlift	

## Improved bone density

**Osteoporosis** means 'porous bone' and occurs when the body loses more bone than it is naturally replacing. Bones become weak/'brittle' and break easily as a result. Losing bone is a normal part of ageing, but sometimes the loss is faster than normal. Women are at more risk than men, and they lose bone rapidly in the first few years after menopause, particularly if their menopause begins before age 45, or if they have had their ovaries removed. There are several factors which increase the risk of developing osteoporosis: a family history of osteoporosis, taking high doses of steroid medications for more than three months, other medical conditions such as: inflammatory conditions, hormone-related conditions or malabsorption problems, long-term use of medications that affect bone strength (such as anti-oestrogen tablets used for the treatment of breast cancer), eating disorders and low calcium and vitamin D intake, low body mass index (BMI), heavy drinking or smoking, and a lack of regular physical activity.

**Osteopenia** is the stage at which someone has a lower bone density than average for their age, but it has not yet progressed to the point of osteoporosis.

### Bone strengthening activities:

- Involve muscle strengthening, resistance exercises and weight bearing activities with impact to stimulate growth and repair
- Variety is important for bones, and this can be achieved with different movements, directions and speeds, e.g. in an activity like dancing
- Short bursts of activity may be best, depending on the ability of the individual, e.g. mixing an activity like walking with short bursts of brisk walking
- Reduce the effects of osteopenia and osteoporosis, and therefore reduce the risk of fractures



### Examples of bone strengthening activities:

#### Weight bearing with impact

Standing, with the weight of the whole body pulling down on the skeleton. Weight bearing exercise with impact involves being on the feet and adding an additional force or jolt through the skeleton: anything from walking to star jumps

**Low Impact:** Walking, brisk walking, marching (even on the spot), stair climbing, gentle 'heel drops'

**Moderate Impact\*** Highland dancing, jogging/running, team/racket sports, hopping, skipping, low level jumping, vigorous 'heel drops'\*\*, stamping

**High Impact\*\*:** Jumping, skipping, hopping, running, sports such as: basketball, volleyball, track events, star jumps, tuck jumps, high level jumps

*\*\*Always consult a qualified Allied Health Professional (Physiotherapist (AHP))*

## Increased balance



### Balance Training Activities:

- Involve a combination of movements that challenge balance
- Improve balance thereby reducing the risk of falling

### Examples of balance training activities:

*Any activity that challenges an individual's balance: (at a level safe and appropriate to the individual's specific needs and abilities). If walking challenges a person's balance, it is likely that their balance will improve by practising walking.*

*Specific balance exercises could include: Single leg stands, heel-toe stands, heel-toe walking, toe raises, heel raises.*

Muscle strength, bone strength and balance each contribute independently to overall health and physical function but in combination they provide lifelong benefits. See table below.

Different types of activities have different effects on each of these three components.

### The effects of different types of activities on muscle function, bone strength and balance:

Type of Physical Activity, Exercise or Sport	Improvement in muscle function	Improvement in bone health	Improvement in Balance
Running	★	★★	★
Resistance Training	★★★	★★★	★★
Aerobics, circuit training	★★★	★★★	★★
Ball Games	★★	★★★	★★★
Racquet Sports	★★	★★★	★★★
Yoga, Tai Chi	★	★	★
Dance	★	★★	★
Walking	★	★	
Nordic Walking	★★	Not known	★★
Cycling	★	★	★

★★★ Strong effect    ★★ Medium effect    ★ Low effect

*Adapted from the CMO Guidelines (2019)*

*Please note that the effects of different activities on balance are likely to vary according to the person's starting level of ability and the level at which they train.*

## Improved posture

- Any activity that requires a change from a supported sitting position (i.e. a position that does not challenge a person's balance) and increases muscle strength, has the potential to improve posture and balance
- Better postural alignment, in any position, promotes more efficient breathing
- Better posture is likely to mean better balance, which may help reduce falls



## Increased sociability

- Engaging in physical activity and exercise may encourage people to interact with others and therefore to establish friendships
- Helps reduce feelings of loneliness and depression, through increasing a sense of connection and belonging to a group
- Group exercises can foster a feeling of peer support and friendly competition, which may increase adherence to an exercise programme



# Risks, Barriers and Considerations

There is enough evidence to categorically state that the benefits associated with physical activity outweigh the risks of not being active. Fear of injury, or of making an existing condition worse, can often be a barrier to undertaking physical activity, but there is little evidence to suggest that physical activity is harmful if it is carried out at an intensity and in a manner appropriate to the individual's current level of ability. Starting at a low intensity, and gradually building up the frequency, intensity or duration of the physical activity, is the safest way for an individual to progress. Seeking advice from a trained professional, such as a GP or Physiotherapist, is of utmost importance if there are any doubts about an individual's health or safety when they are participating in physical activity.

## Specific Groups

Older adults with frailty, moderate to severe dementia, a history of vertebral fractures or regular falls may initially require any new exercise to be prescribed and supervised by a trained professional, to ensure that the exercises are appropriate and safe, and that they do not cause injury.

**Disabled adults:** It is a myth that physical activity is harmful for individuals with disabilities. It is, however, important that any activity is agreed, safe and appropriate to the individual.

## Specific Conditions

### Postural Hypotension (particularly in individuals where this is already diagnosed):

This causes a drop in blood pressure, which results in dizziness (and potentially fainting) on moving from a sitting to a standing position.

### Hip or other lower limb joint replacements:

Movement may be painful or restricted. With some hip replacements there is a risk of dislocation, for example, if the individual sits on a low chair (that puts the angle at the hip at less than 90 degrees) or if they cross their legs. This should be documented in their post-operative instructions. Advice should be sought from a qualified Physiotherapist if there is ANY uncertainty regarding the inclusion/exclusion criteria for certain exercises.

**Cognitive impairment:** This can make following instructions very challenging, so it is important to try breaking up tasks into smaller, simpler steps to make them easier to manage. Using short, clear instructions may also help reduce confusion. Sensory cues, such as visual cues, tactile and auditory cues may also help the person understand the instructions given.

**Osteoarthritis:** Painful, swollen joints are the main symptoms associated with osteoarthritis. Whilst exercise is thought by many to reduce

these symptoms, it is important that 1) the type of exercise and the intensity of the activity is suitable for the individual and 2) the joints are in good alignment (not twisted) wherever possible, so that the symptoms are not exacerbated. Including a gentle warm-up before more intense exercise can help to minimise pain, as it helps to improve circulation and reduce the stiffness that is often felt as a result of prolonged inactivity. Appropriate timing of medication can also be extremely helpful. Seek advice from a qualified Physiotherapist if there is uncertainty regarding inclusion/exclusion of a certain exercise.

**Osteoporosis, osteopenia, frailty:** For someone with a loss of bone density, any physical activity that involves a risk of falls requires careful consideration. It is crucial to provide a safe environment, which has plenty of support options available including sufficient numbers of staff to hand, and which is free of trip hazards, such as carpets, wires, and obstacles. It is important to monitor and correct an individual's postural alignment and to allow additional transition time to move from one exercise position to the next (e.g. in a Postural Stability Class).

# Staying healthy at home

Beyond physical activity and exercise, there are many things you can do to be healthy at home.

## Keeping Hydrated

Being dehydrated can result in urinary tract infections, poor skin and can increase the likelihood of falls. Best guidance suggests to drink between 8-10 glasses a day to stay hydrated.

## Nutrition

Eating a variety of different foods can assist bone health. Consider sources of calcium and vitamin D to reduce the risk of bone fractures. Speak to your GP about any specific concerns regarding your health and your diet

## Sleep

Getting the right amount of sleep is essential, especially if you've been exercising that day. Aim to get between 7-9 hours sleep to recover and feel energised for the day.

## Hygiene

It is important that we continue to practise good hygiene. Including washing the hands for a minimum of 20 seconds to prevent the spread of bacteria and self-infection.

## Staying Connected

Humans are sociable by nature, it is therefore very important that we make the effort to keep in contact with our friends and family to keep our mood up.

## Mindfulness

We all get stressed and anxious at times. It is therefore very important to take a few minutes out of our day to relax and bring our focus back to our breath. This helps bring us back to the present through a soothing and relaxing practice.

# Chair-Based Exercises

Doing these exercises in sitting position is an option for people who are unable to exercise on their feet. These exercises are safe and effective for the majority of individuals. Only do them, however, if you feel that they are safe for you. See Safety Tips on page 4. These exercises can be done 2-3 times per week. **Please refer to our checklist at the beginning of this brochure before beginning your exercise.**

**Tip!**  
Don't forget you can watch videos of these exercises through the StopFalls App!



- Make sure the chair is sturdy and won't tip if you use it as a support
- If the person experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111 or 999 in an emergency
- A slight soreness the next day is normal

## WARM UP EXERCISES

- **Leg March** - Hold onto chair if needed. Lift each leg alternately in a marching action placing the toe and then the heel down to avoid stomping

*Aim to achieve 30 secs x 3 sets*



- **Arm Swings** - Swing each arm alternately, with the movement coming from the shoulders. It is important that you are sitting in the correct in good alignment to allow full range of movement through the shoulder joint

*Aim to achieve 30 secs x 3 sets*

- **Tap and Clap** - Tap thighs softly, bring the hands back up towards the chest and clap. Repeat.

*Aim to achieve 30 secs x 3 sets*



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## MOBILITY EXERCISES

### Ankle Activators

This exercise keeps the ankle flexible

- Place one foot in front, with the heel on the floor
- Lift the foot and place the toes where the heel originally was
- Repeat four times on each foot



### Trunk Twist

This exercise keeps the back flexible and maintains the ability to turn

- Sit tall on a chair
- Cross the arms, and turn the upper body to the side, back to the front, then turn the other way
- Repeat this movement four times



### Shoulder Lifts

This exercise keeps the shoulder girdle flexible

- Sit tall on a chair
- Lift the shoulders upwards towards the ears, then lower slowly
- Repeat this movement four times



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## STRENGTH EXERCISES

\* The following exercises are to be performed if you have a resistance band. Please make sure your band is safe to use and undamaged.

Ensure you keep breathing normally throughout, do not hold your breath

- \***Upper Blades Strengthener** - Keeping wrists firm and straight, keep elbows to the sides of the body. Stretching the band and slide the elbows back to draw the shoulder back together

*Aim to achieve between 8-12 slow and controlled repetitions*



- \***Outer Thigh Strengthener** - Keep feet flat on the floor, knees above feet. Place band over your thighs. Push your knees out to the side, then relax to starting position. Try to avoid letting the knees touch between each rep. Keep movement smooth and controlled.

*Aim to achieve between 8-12 repetitions*



- \***Thigh Strengthener** - Pull the band in toward the hips to create the resistance. Keep knee lift low, push down and away from the body ensuring you don't lock the knee. Sit tall and avoid leaning backwards. Slow and controlled. Repeat on other leg.

*Aim to achieve between 8-12 repetitions*



- \***Wrist Strengthener** - Grip band, twist and push away from your body, then pull. Keep wrists firm throughout. After 5-6 reps repeat the otherway round.

*Aim to achieve between 8-12 repetitions*



- \***Arm Curl** - Keep the elbow against the side of the body, keep wrists firm throughout. Movement is from the elbow not the shoulder. Lift the band towards your shoulders. Repeat on the other arm.

*Aim to achieve between 8-12 repetitions*

- \***Chest Strengthener** - Begin with elbows tucked into your side and as you straighten arms without locking the elbows. Maintain straight wrists throughout, keep an upright posture doing this with the tummy pulled in towards the spine

*Aim to achieve between 8-12 repetitions*



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## COOL DOWN STRETCHES



### Calf Stretch

This increases the range of movement at the ankle

- Place one foot in front, with the heel on the floor
- Point the toes upwards towards the ceiling (a slight pull in the calf should be felt)
- Hold this position for at least ten seconds, then repeat on other leg

### Hamstring Stretch

This exercise increases the range of movement in the hips

- Place one foot in front, with the leg straight and the heel on the floor
- Place the hands on the bent knee for support, 'sit tall', then lean forwards, ( a slight pull on the back of the thigh should be felt)
- Hold this position for at least ten seconds, then repeat on other leg



### Back of Arm and Side Stretch

Increases range of movement in the shoulder

- Place one hand on the shoulder of the same side and lift that elbow upwards towards the ceiling with the opposite hand
- Hold this position for at least ten seconds, then lower slowly and repeat on other arm

# Strength and Balance Exercises

Balance exercises are for people who need to improve their balance. Please ensure you have someone else nearby for safety if needed. Only do the exercises you feel safe to do. These exercises are safe and effective if you feel confident in a standing position, or if you have been assessed as safe to take part. See Safety Tips on page 4.



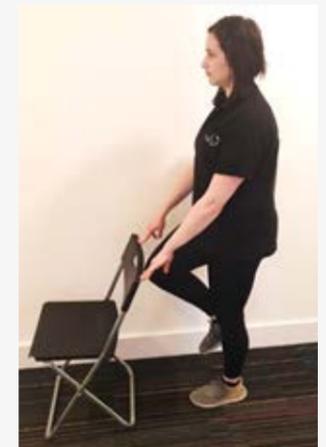
- Make sure the chair is sturdy and won't tip if you use it as a support
- If the person experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111 or 999 in an emergency
- A slight soreness the next day is normal

*For all balance exercises, if you feel confident, you can use your fingertips only, or just one hand, or keep your hands slightly above the top of the chair, so that you can hold on again if you need to.*

## WARM UP EXERCISES

- **Marching** - Standing behind your chair, feet hip width apart with both hands on the top of the chair for support. Lift alternate knees up towards the body in a marching action.

*Aim to achieve 30 seconds*



- **Arm Swings** - Start with one hand supporting you on the chair. With the other hand start to swing one arm backwards and forwards keeping your elbow close to the body. You may need to position yourself so that you have room to move your arm without hitting the chair. If you feel confident to then you can take both hands off the support to stand unaided.

*Aim to achieve 30 seconds on each arm swing, or simultaneously for 30 seconds.*

- **Head Movement** -Stand tall with your feet hip width apart and with your hands holding the chair for support. Turn the head slowly left and right as far as you feel comfortable. Ensure that your shoulders stay still so you are only moving the head.



*Aim for 4 turns each side*

Head and neck movement are very important for improving balance, However, please be sure to hold on during this exercise, in case the movement of your head and neck cause you to be temporarily off balance



## Heel Raises

- Stand tall, holding the back of a sturdy chair
- Lift the heels off the floor, taking the weight onto the toes
- Hold for three seconds, then lower with control, **repeat ten times**

- **Trunk Movement** - Standing tall with the feet hip width apart, fold the arms across the chest or place one hand for support on the chair. Turn the upper body to each side, keeping your hips square towards the chair. Please be sure to hold on during this exercise, in case the movement of your upper body causes you to be temporarily off balance.

*Aim to achieve 4 turns each side*



## Toe Raises

- Stand tall, holding the back of a sturdy chair
- Raise the toes, taking the weight onto the heels, (Don't lean backwards and try not to stick the bottom out)
- Hold for three seconds then lower with control, and **repeat ten times**



## STRENGTH & BALANCE



- **Side Hip Strengtheners** - Stand tall with feet hip width apart holding onto the chair. Lift one leg slowly out to the side while keeping your toes forwards. Avoid leaning your body to the side. Place the weight evenly back onto both feet before you continue each repetition.

*Hold each lift of up to 5 seconds*

*Aim for 8-10 repetitions on each leg*

## Sit to Stand

- Sit tall near the front of the chair with the feet positioned slightly back
- Lean forwards slightly and stand up (with hands on the chair if needed)
- Step back until the legs touch the chair then sit down into the chair with control (and with hands on the chair if needed), then **repeat ten times**



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## COOL DOWN STRETCHES

### Heel-Toe Stand



- Stand tall with one hand on the support. Put one foot directly in front of the other to make a straight line
- Look ahead, take your hand off the support and balance for ten seconds
- Take the front foot back to the hip width apart. Then place the other foot in front and balance for ten seconds

### Calf Stretch



This increases the range of movement at the ankle

- Place one foot in front, with the heel on the floor
- Point the toes upwards towards the ceiling (a slight pull in the calf should be felt)
- Hold this position for at least ten seconds, then repeat on other leg

### One-Leg Stand

- Stand close to the support and hold it with one hand
- Balance on one leg, keeping the support knee soft and posture upright
- Hold the position for ten seconds, then repeat on the other leg



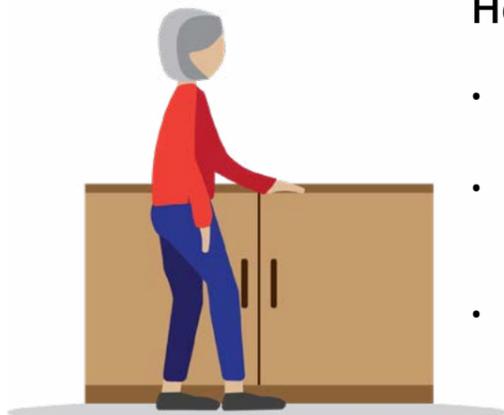
### Hamstring Stretch

This exercise increases the range of movement in the hips

- Place one foot in front, with the leg straight and the heel on the floor
- Place the hands on the bent knee for support, 'sit tall', then lean forwards, ( a slight pull on the back of the thigh should be felt)
- Hold this position for at least ten seconds, then repeat on other leg



### Heel-Toe Walking



- Stand tall, with one hand on a support like a fixed kitchen cabinet
- Look ahead and walk ten steps forwards, placing one foot directly in front of the other so that the feet form a straight line
- Take care not to step on your own toes! Take the feet back to hip width apart, carefully, taking care to keep your balance. *This is easier if you take your time, and also if you turn towards the support, keeping your hands on it.* Repeat.

### Back of Arm and Side Stretch

Increases range of movement in the shoulder

- Place one hand on the shoulder of the same side and lift that elbow upwards towards the ceiling with the opposite hand
- Hold this position for at least ten seconds, then lower slowly and repeat on other arm



Please note: Participating in these exercises is at your own risk, please only do so if you are safe to do so. All content is provided as general information by HCPA. It should not be treated as a substitute for any other medical advice.

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# Environmental checks: 'Fall-proof' your home

## Lighting

- Avoid trailing cables from lamps
- Advise the person to consider installing two-way switches on the landing so they don't have to walk in the dark
- Suggest always using a bedside light when getting up in the night and using motion activated lighting

## Kitchen / Bathroom

- Clear spills straightaway
- Always use a non-slip mats in the bath and shower
- Consider installing grab rails in the bathroom

## Living Areas

- Check all rugs have a non-slip underlay and consider replacing frayed carpets
- Clear away clutter, especially in the hallway and doorways
- Never store items on the stairs

## Stairs

- If the person uses stairs, ensure that handrails are installed
- Ensure the stairs are clear of clutter and that a two-way light switch is installed
- Contact an Occupational Therapist to learn more about suitable handrails

## Garden

- Keep paths free of fallen leaves, as they may be slippery
- Repair any cracks or uneven pavements to avoid tripping
- Ensure doors and garages are well-lit
- Consider installing safety rails on steps



## Home Hazard Assessment

Request a home hazard assessment. Your local Occupational Therapy service, local council, or fire and rescue service can help. If any of their recommendations have not been met you should report and log these with your team leader.

Home Hazard Assessment: [www.hertfordshire.gov.uk/services/fire-and-rescue/](http://www.hertfordshire.gov.uk/services/fire-and-rescue/)

# How to help a person get up from the floor

Ensure the person lays still for a moment, whilst you keep them calm and check for injuries. If the person is not hurt and they think they can get up, encourage them to follow the steps below.

They must be able to move themselves with guidance. Follow steps from 1-9

## If a person falls on their back feels they can get themselves up:



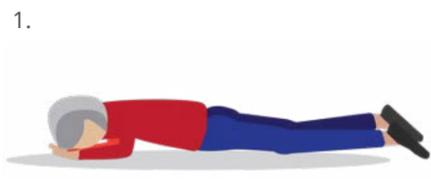
1. Bend a knee and lift the arm of the same side, and bring it across the body



2. Initiate a roll over by turning the head in the opposite direction of the lifted arm



3. Lift both knees up towards the chest and allow the body to roll over on to its side, with the hand that crossed over the body placed flat on the floor



1. Place hands shoulder width apart, palms flat to the floor with elbows out to the side

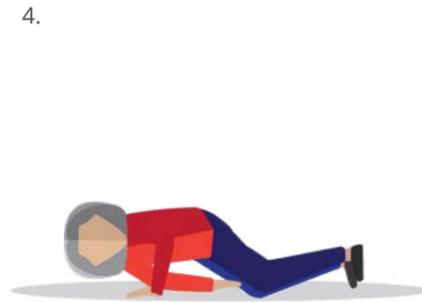


2. Move one hand underneath the forehead, still with palms flat to the floor



3. Allow this arm to push and roll the body over to one side, lifting the knees up towards the chest, with the other arm in a 90 degree angle, palm flat to the floor

## Next steps:



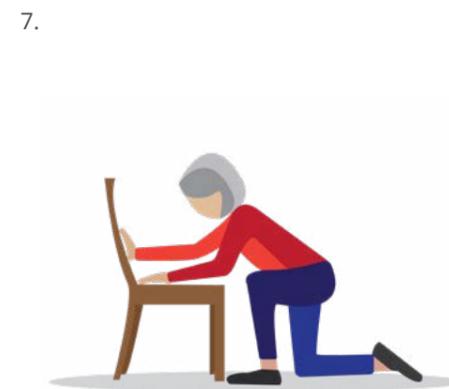
4. With the palm flat to the floor, ensure it is level with the shoulder. Use the arm to push your body weight up, allowing the other arm to support your weight



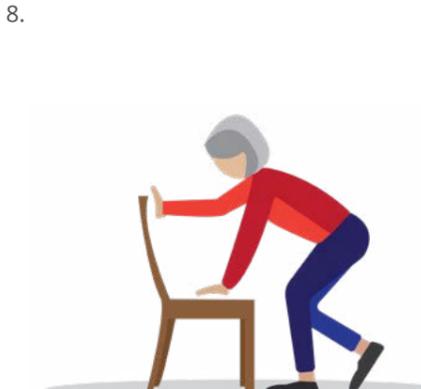
5. Walk the hands back towards the hips, bringing the body into a side sitting position



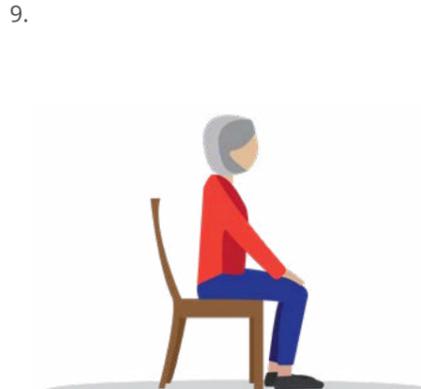
6. Press both hands down into the floor whilst lifting the bottom up and carefully placing the weight onto the knees. Find a chair for the next stage if you are able to



7. Hold the chair in front of you and slide or raise the foot of your stronger leg forwards so it is flat on the floor



8. Use the arms and legs to push up onto both feet and slowly rise to a standing position



9. Turn around and walk slowly so the chair can be felt on the back of the knees. Bend the knees and hinge from the hips to lower down on the chair with control.

If you have fallen and you are by yourself, you should only try and follow the steps if you are able to move yourself and feel like you can. It is important to have a phone or pendant alarm on you at all times in case of a fall to ring 999.

## For further information:

### StopFalls

stopfalls@hcpa.co.uk  
www.hcpastopfalls.co.uk  
01707 536 020

### Herts Help

www.hertsdirect.org/hertshelp  
0300 123 4044

Download the free **StopFalls App**, where you can watch these exercise videos at home and follow along as well as fall proofing your home.

