NHS SCOTLAND

NHS Ayrshire & Arran

THE BROONS®



CHARTERED SOCIETY OF PHYSIOTHERAPY SCOTLAND

GET UP, GET DRESSED, GET MOVING

#EndPJparalysis

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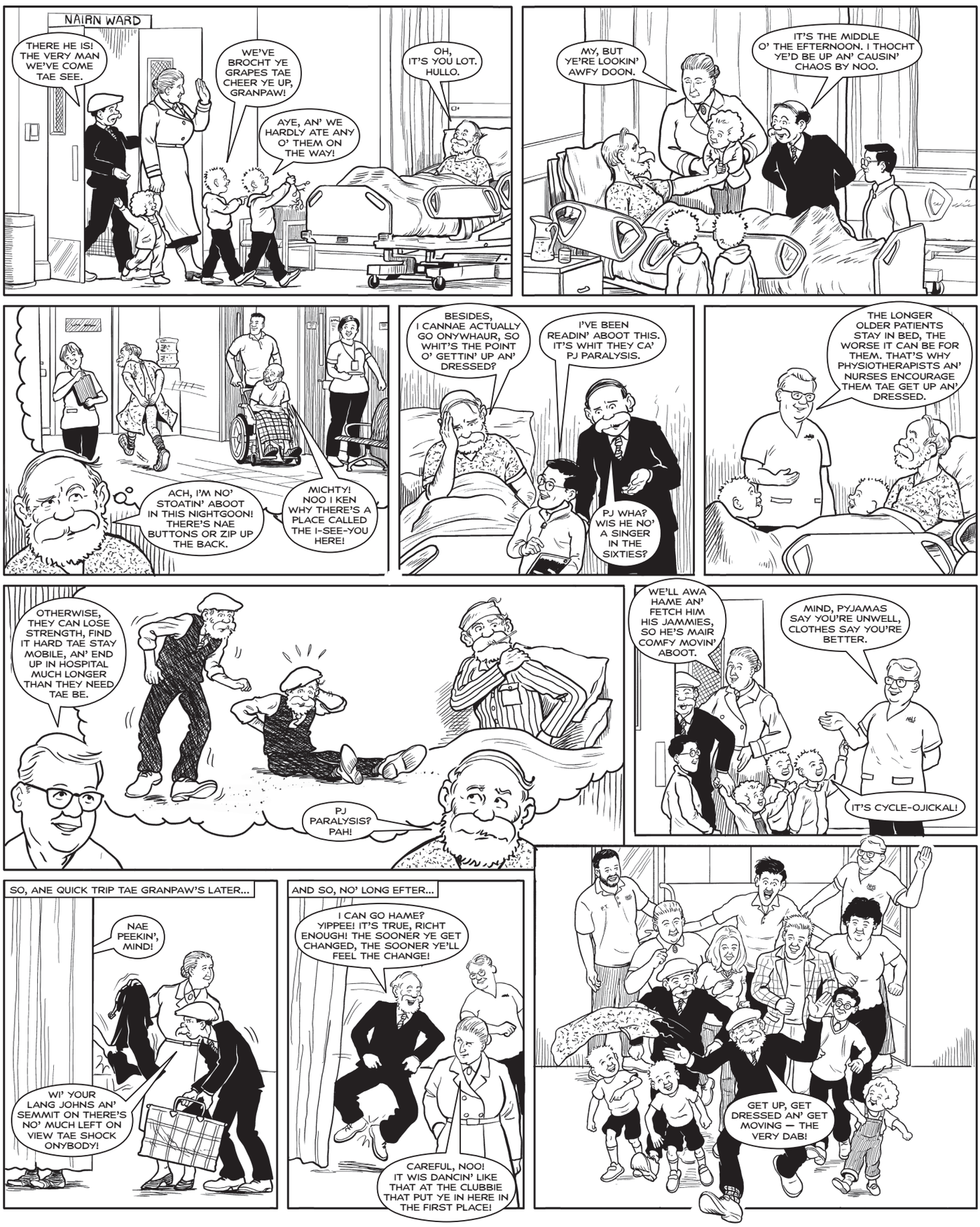
Moving Medicine

NHS Ayrshire & Arran

GETTIN' UP AN' GETTIN' DRESSED AN' MOVIN' IS A RICHT BRAW WAY TAE START IMPROVIN'!



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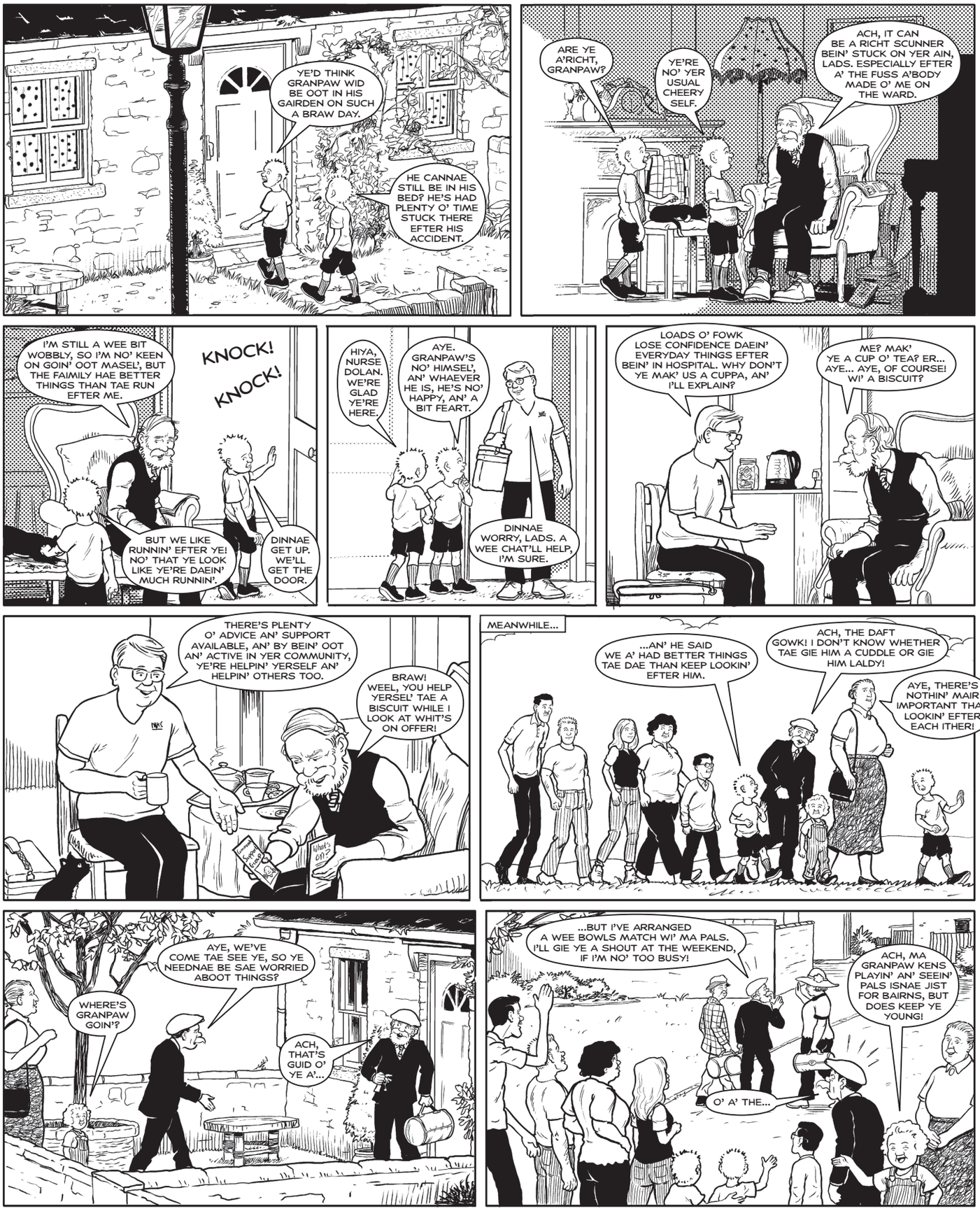
age Scotland

IT'S NAE USE STAYIN' COOPED UP AN' ISOLATIN', WHEN THERE'S A WORLD O' ACTIVITIES JIST OOT THERE WAITIN'!



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SOME EASY TRICKS TAE KEEP THEM ON THE MOVE, HELP MAW AN' PAW GET BACK INTAE THE GROOVE!



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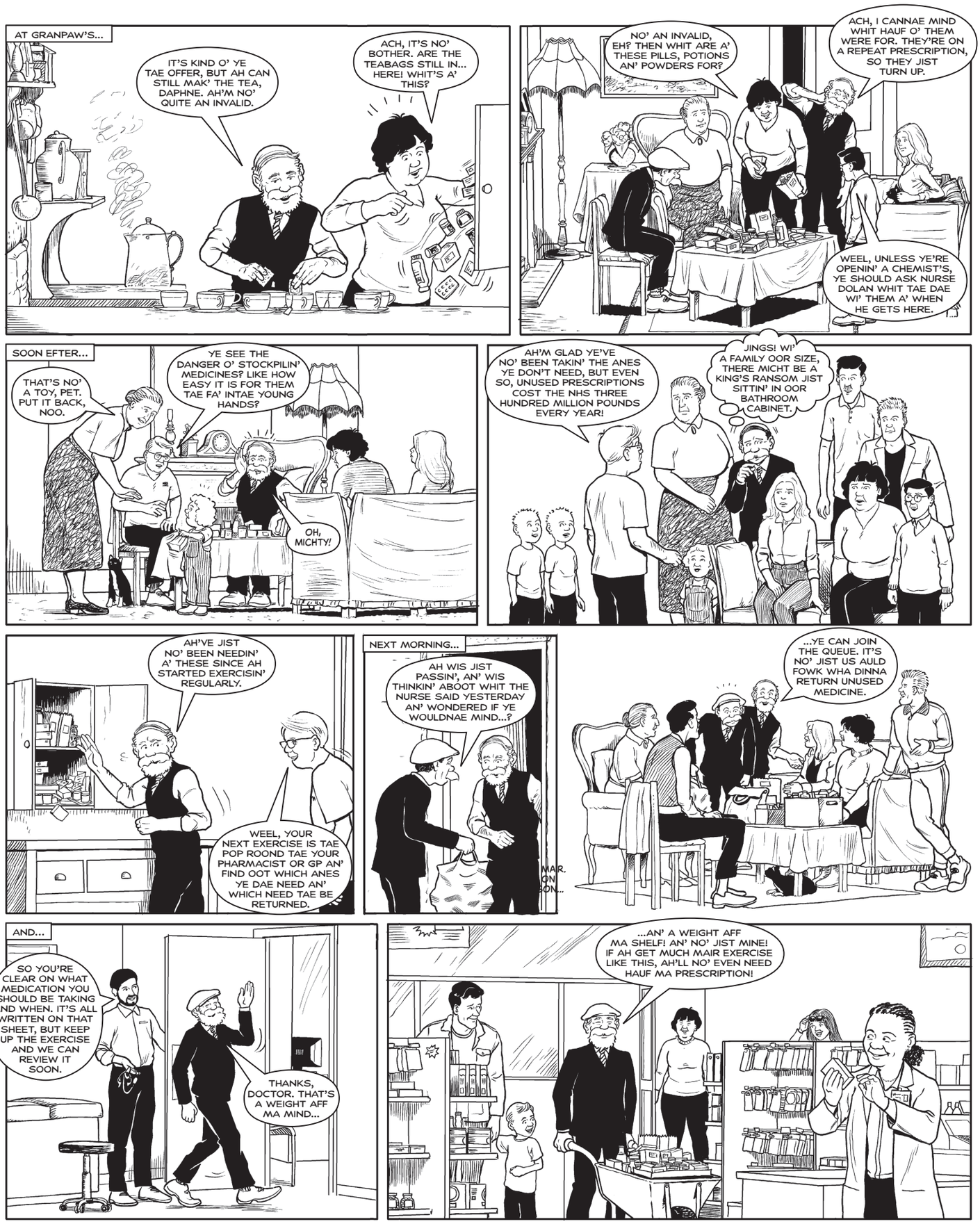
NHS SCOTLAND

GIEIN' HIS DAILY EXERCISES SOME PROPER DEDICATION MEANS GRANPAW'S NAE NEED FOR A' THIS MEDICATION!



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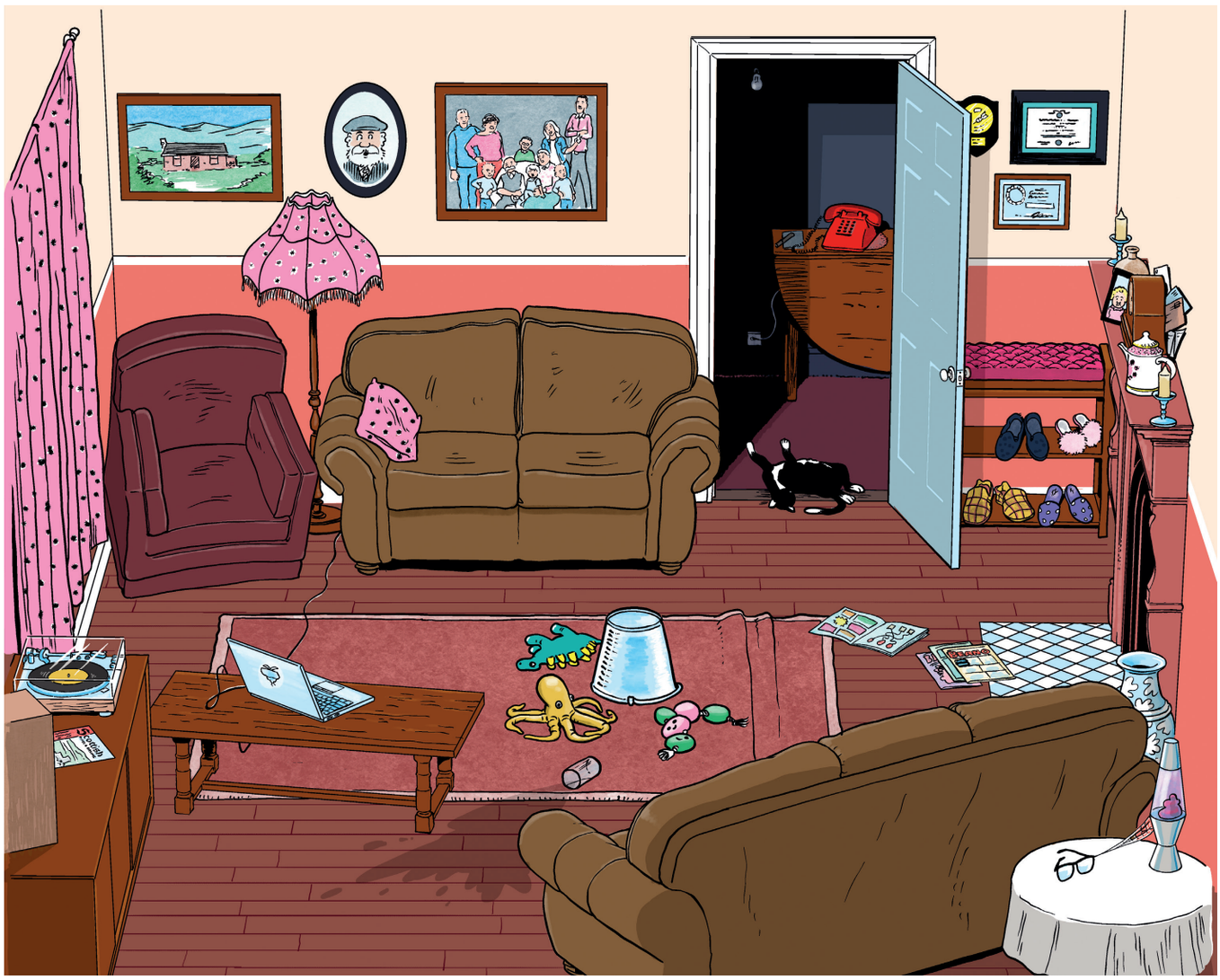

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Falls are the top cause of accidents in people over the age of 65 and can occur anywhere, including in your own home. Just over one in every seven falls occur in the bathroom, about ¼ of falls within the home occur on the stairs but nearly 1/3 of all falls actually happen in the living room. There are 12 things shown in this picture of The Broons' living room which could increase your risk of falling – how many can you spot and more importantly, how many would you find in your home? (Answers on the back page.)

Older adults admitted to hospital will spend up to 95% of their time in a bed or chair

Within a week, this level of inactivity can result in a loss of strength to the big muscles in the front of your legs (quads) of 20%

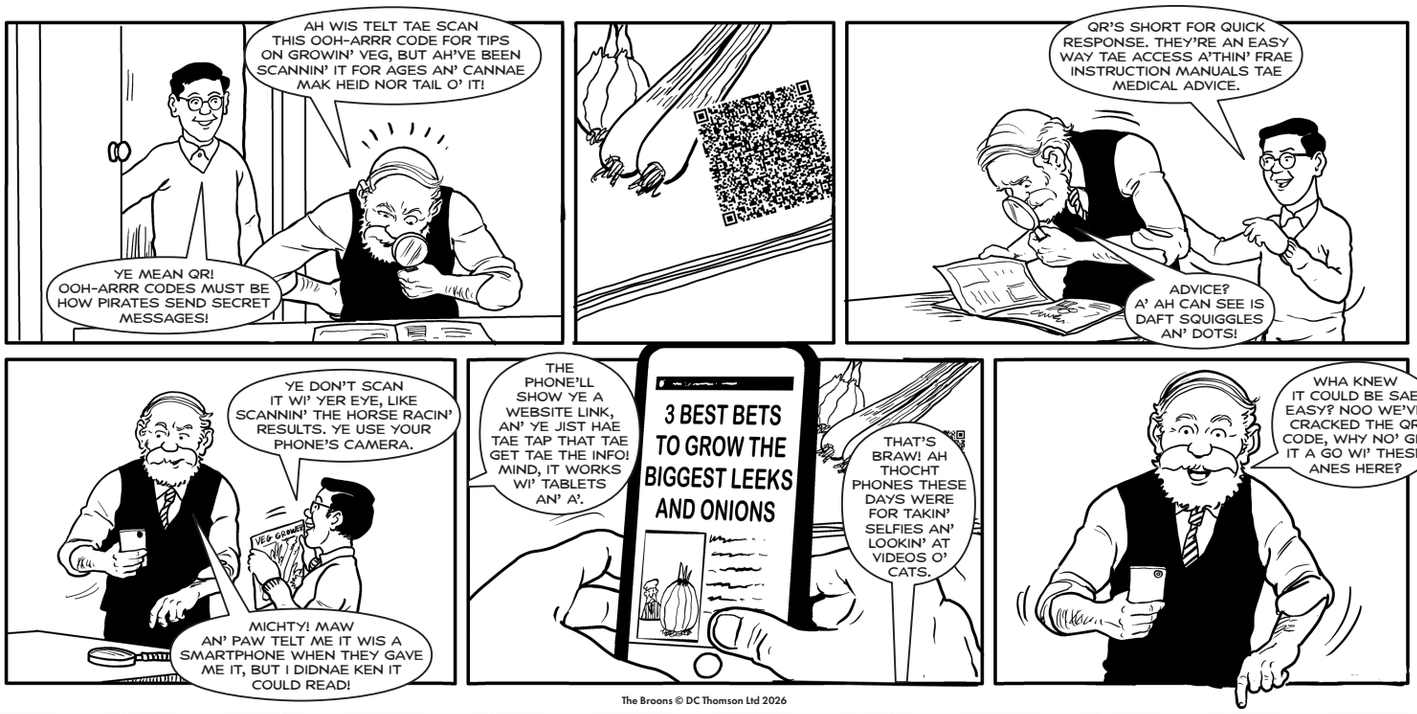
This muscle weakness can last 3-5 years

Deterioration in the ability to walk independently affects nearly 2/3 of older adults admitted to hospital and can happen within 2 days

3 weeks of not moving about enough in hospital can create the same impact on your muscle strength as 30 years of ageing

NHS Ayrshire & Arran

SMART HORACE TELLS HIS GRANPAW LOADS ABOOT HOW TAE OPEN QR CODES!



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paths for all
FOR A HAPPIER, HEALTHIER SCOTLAND

Paths for all support local health walks and help them to encourage people to try strength and balance activities on walks or at home.

CHARTERED SOCIETY OF PHYSIOTHERAPY SCOTLAND

A range of useful information from the Chartered Society of Physiotherapists aimed at helping you to stay fit, strong and well wherever you are.

Moving Medicine

Moving Medicine believe passionately in empowering people to live active and healthy lives, this simple resource explains how to stay as active as possible whilst in hospital and after.

NHS SCOTLAND

A range of useful information designed to help support you to manage any medications you may need to take.

NHS inform

Age is no barrier to exercise. At any age, you can see improvement in your strength, balance, stamina, flexibility and more importantly the mental health benefits of exercise should never be underestimated. You will find the super 6 exercises here as well as lots of other information.

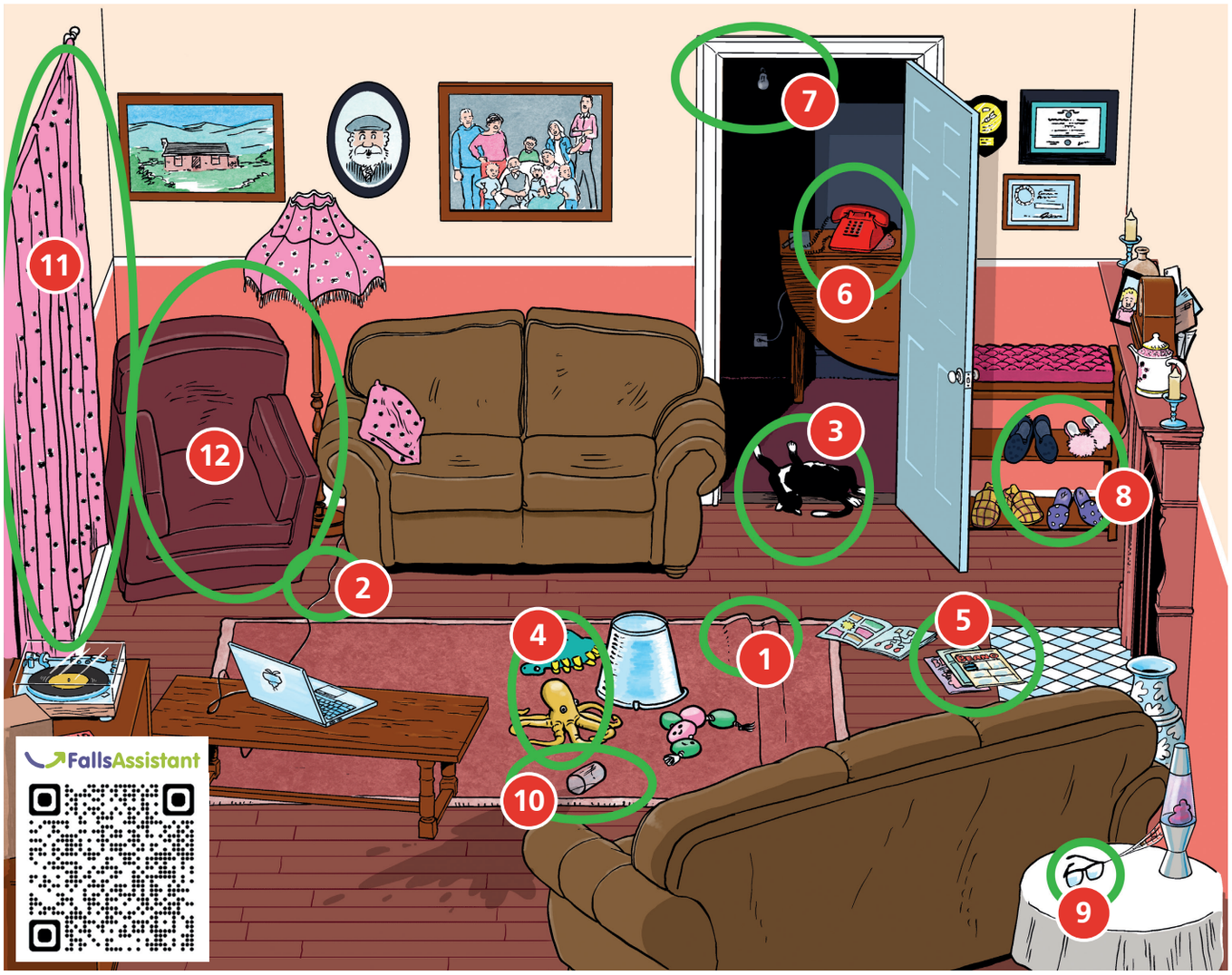
FallsAssistant

Falls Assistant is a falls prevention and self-management tool specifically designed and created to help prevent falls, keep people steady on their feet and stay as independent as possible. It enables older people, their carers and family members to assess their own falls risk, and then provides tailored advice that will give them a plan to reduce their future risk of falls and fractures.

age Scotland

A range of helpful information from Age Scotland aimed at supporting wellbeing and health.

We would like to thank the following organisations for their help and support; Argyll & Bute HSCP, AGILE - the network for physiotherapists caring for older people, Age Scotland, Glasgow Caledonian University & Health Improvement Scotland. Concept & Storylines by Derek Laidler, (derek.laidler@nhs.scot) Professional Lead Physiotherapist, Argyll and Bute & Prof Brian Dolan OBE (brian@healthservice360.com), Director, Health Service 360.
We would welcome feedback on this resource so please follow this QR link to complete a short survey.



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1. **LOOSE RUGS or CARPETS –** Poorly fitting carpets, rugs on slippery floors or rugs laid on top of other rugs are easy items to trip over. Make sure carpets are well fitted and minimise the use of rugs.

2. **ELECTRICAL CABLES –** It's easy to forget about cables on the floor, but they are very easy to trip over, even if you've stepped over them a thousand times before. Make sure electrical cables are not left on the floor where people need to walk.

3. **PETS –** Pets are great company and often a great opportunity to be more active but they can lie or walk right in front of where you want to go. If your dog or cat lies on the floor, in the doorway or on the stairs, make sure to check whether they are in your way before you move and don't just try to step over pets as they might move suddenly and get under your feet, instead move around them or get them to move out of the way. If your dog jumps up or is excited, try to make sure it has plenty of exercise to help keep it calm.

4. **KIDS' TOYS LEFT ON THE FLOOR –** Oor Wullie is always leaving his bucket lying around, and most children can forget to tidy up when they've been playing. If you have children in the house, make sure their toys are removed from the floor when they have finished playing with them, even small plastic bricks can cause a fall if stood on.

5. **MAGAZINES OR POST LEFT ON THE FLOOR –** The easiest way to prevent falls is to remove all clutter such as old newspapers and magazines which, if left lying around, can become a slip or trip hazard.

6. **WIRED TELEPHONE IN THE HALLWAY RATHER THAN A CORDLESS PHONE NEXT TO THE FAVOURITE SEAT –** A common reason we fall in the house is when we are rushing to answer a phone call or a knock at the door. One solution is to have a cordless or a mobile phone which can stay within easy reach of wherever you are. Video doorbells linked to a mobile phone are also a good way to avoid having to rush through the house. If you do need to move to the door or a phone, take your time and make sure your path is clear.

7. **POOR LIGHTING –** Poor lighting is a real hazard. To make your house safer, install bright light bulbs, particularly in stairways and narrow hallways. Adding night lights in bedrooms and bathrooms makes your house even safer. Make sure broken bulbs are replaced as soon as possible – try to use LED bulbs which last longer.

8. **BACKLESS OR POORLY FITTING SLIPPERS –** Slippers may be comfortable but if they are poorly fitting or don't have backs to them, they can increase your risk of slipping or falling, very loose or baggy clothing can also create a similar problem.

9. **GLASSES –** Poor eyesight is probably one of the biggest causes of falls, if you need glasses make sure you have them available at all times (including a spare pair if needed). Make sure to get your vision tested regularly and wear your glasses if they are prescribed – even for short trips to the kitchen or bathroom.

10. **GLASS OF WATER –** Drinking plenty of fluids is really important and becoming dehydrated is a really common cause of falling but if liquids are spilled, particularly on hard floors make sure the spill is cleared up as quickly as possible.

11. **CLOSED CURTAINS –** Natural light is not only good for your mental and physical health but also creates a safer environment to move around in. Keeping curtains closed during the day can make rooms darker and less safe. If your curtains need to be cleaned, make sure to get some help to take them down, most serious injuries from falls involve ladders or other items people have climbed onto.

12. **RISER-RECLINER CHAIR –** This one may not be an obvious or immediate falls risk but it is worth knowing about. As we get older, it becomes easier for us to lose the muscles we don't use. As Maw found out, standing up from a chair without help is a great way to keep the big muscles in our legs and hips strong. Using a riser-recliner chair to help us stand up regularly can help speed up the loss of muscle strength and increase our risk of falling.