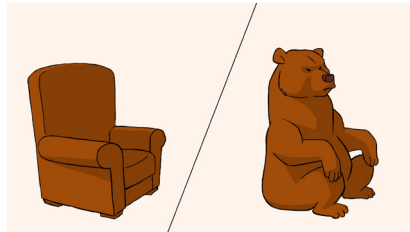
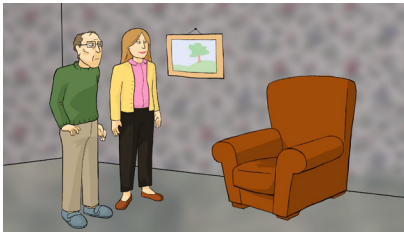


South Yorkshire Dementia Action Alliances (SYDAA) KEEPING PEOPLE LIVING WITH DEMENTIA SAFE FROM TRIPS & FALLS, SAFE & WELL

Dementia increases the risks of falls & people living with dementia are 4 times more at risk of having a fall because of how dementia can affect them.

The following are the key risks for people living with dementia:

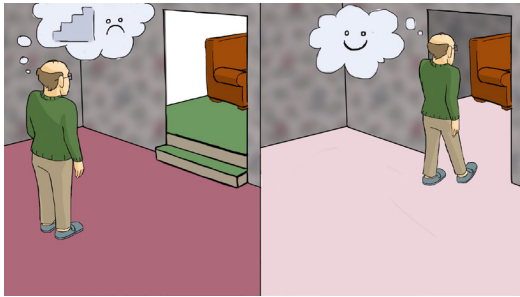
Changes in Visual Perception



A person living with dementia may see things in a different way.

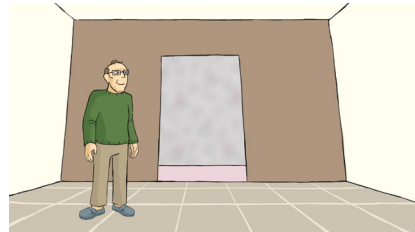
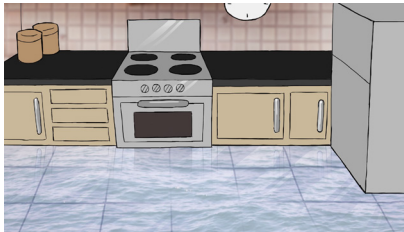


The patterns on flooring or surfaces can appear to move so using plain designs often helps.



Carpet/flooring in one colour that leads into another room with different colour flooring can be seen to be steps.

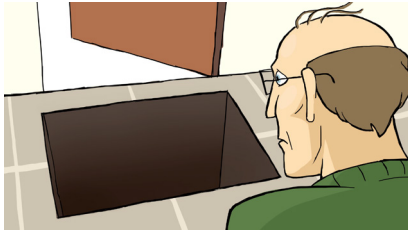
Reduce this difficulty by making use of light plain flooring that contrasts with furniture & other objects.



Shiny flooring such as tiles can appear to be wet and making use of plain matt vinyl can help.



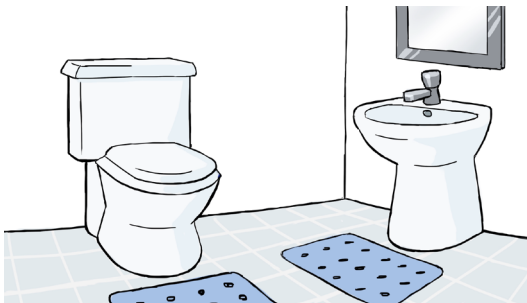
Rooms need enough light to reduce dark areas and shadows.



Having a dark coloured mat by the back door may appear to be a hole so removing it is preferable.

Bathroom/toilet areas

These are areas where falls are more likely to happen and where more serious injuries can be caused:

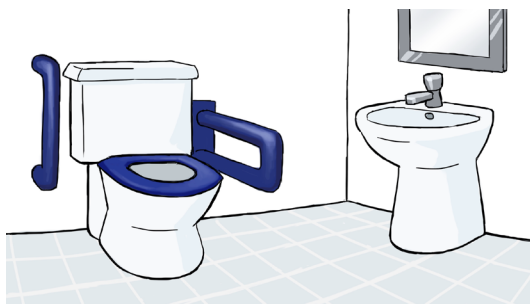


Keep the floor dry and use non-slip bath mats.

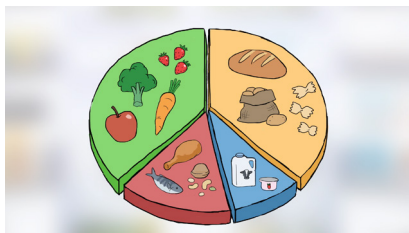
Remove them when not in use.

Use grab rails in a contrasting colour by the toilet and by the bath/shower.

Remove the toilet lid and have the seat in a contrasting colour. If the seat is too low use a seat heightener.



Food & Drink



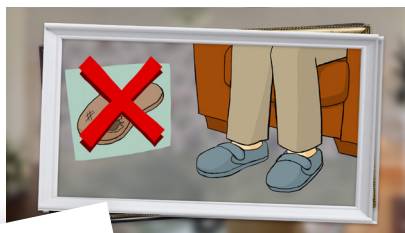
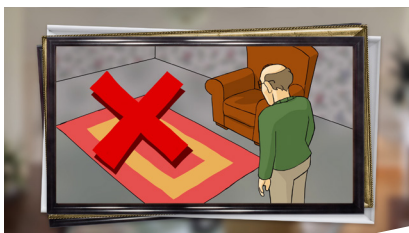
Eating regularly and staying hydrated helps to maintain a good blood sugar level.

Staying Active



Sitting for a long period of time increases the risk of a fall so keeping active in some way is important as it helps to maintain muscle and balance.

Make some general changes



Remove all rugs.

Find us on
YouTube
Keeping People Living
With Dementia Safe

Ensure that shoes
and slippers are not
worn out and fit
properly.