



Provide
**Carecall
247**



Fall Prevention Checklist

Keep your **home safe** and
your **confidence strong**

Use this simple checklist to help reduce the risk of trips and falls at home.

☒ **Clear walkways**

Remove loose rugs, trailing wires, clutter or small furniture that could trip you up.

☒ **Improve lighting**

Use brighter bulbs and night lights, especially on stairs or in hallways.

☒ **Add grab rails**

Install handrails in the bathroom, by stairs, and near the bed.

☒ **Fix uneven flooring**

Check for loose carpet edges or uneven surfaces.

☒ **Keep essential items within reach**

Avoid overreaching for cupboards or bending down too far.



Health and Wellbeing Check



Review your medications

Some medications cause dizziness - ask your GP or pharmacist if you're unsure.



Stay active

Gentle movement like walking, stretching, or balance exercises can strengthen muscles.



Get your eyes and hearing tested

These senses are vital for balance and spatial awareness.



Wear sturdy footwear

Choose shoes with good grip, avoid slippers with worn soles.

Don't forget your Personal Alarm!

Wearing your **Provide Carecall247 pendant alarm** gives you instant access to 24/7 help if you fall.



Waterproof and **easy** to wear



Connects directly to our **UK-based response team**



Discreet and **reliable** - peace of mind for you and your family

If you do **fall**, or **feel unwell** - help is just the **press of a button** away!

'It's like having support in the room, even when I'm on my own.' Provide Carecall247 user



Need help or want to upgrade to a pendant alarm?

Call Provide Carecall247 on  **0300 303 2682**
or visit  **carecall247.co.uk**

20135-CC-01