



A SAFER CLINIC VISIT

Let's Prevent Falls Together

Falls can happen anywhere and to anyone. Practice these simple tips to create a safer clinic visit for you and our elderly.

BE PROACTIVE



Do not rush



Use your walking aid



Lock wheelchair when stationary / transferring



Call for help when needed

ENSURE SAFETY IN THE TOILET



Use wheelchair / elderly-friendly toilets



Pull the call bell for help



Support yourself with grab bars



Avoid squatting toilets if you have weak legs / unsteady gait

BE CAUTIOUS OF



Chair with wheels or without back support



Giddy symptoms



Footwear friction



Wet floors / uneven surfaces



TIPS FOR CAREGIVERS

- Do not leave your elderly alone
- Always assist your elderly



What should I do if I had two or more falls in the last six months?

- Ask your Doctor / Nurse for advice
- Get a referral to the Falls & Balance Clinic



Scan the QR code to access more health information on our TTSH Health Library
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