STEPPING ON
Building confidence and reducing falls

Session Three

1. Review today’s agenda.
2. Practise exercises.
3. Apple game quiz.

Break

4. Home fall hazards.
5. Safe clothing.
6. Homework.

When out walking, look ahead to be aware, and walk heel-and-toe.
Products for Slippery Surfaces

Getting rid of moss and mildew on paths and steps
1. Mould and mildew remover.
2. Buy a spray bottle. Mix one part water to one part remover and spray on a dry surface.
3. Then, after 15 minutes, use the hose to wash off.

Other similar products
Anti moss, Mold Stop and Once a Year Path Weeder or general cleaners like Chlorine or CLR.

Prevent slips on the step edges
Step and Ladder Strips are treads that can be stuck on the step edges.

Anti-slip products for tiles, concrete and timber floors
1. Use gripper products for tiled surfaces.
2. Use non-slip paints for concrete and timber. They can be used on steps as well.
3. You may want to hire a professional for a commercial application of anti-slip products.

Prevent slips inside the home
1. Mop up spills right away.
2. Increase the grip on slippery tiles with a slip resistant product.
3. Use double-sided tape to stick down mats. There are different types for mat on carpet and for mat on floor.
Products for Slippery Surfaces

Anti-slip shower and bath

**NON-SLIP STRIPS**

These are available from hardware shops in packets. Pull off the backing and stick to surface.

**Shower and bath mats**

1. Rubber-suction mats from department stores or pharmacies. Should be hung up daily to air and need to be replaced regularly.
2. Anti-fungal slip-resistant shower mat. Just wipe with soap and water every six months.

For help with slippery surfaces contact your local handyman service or occupational therapist.

**Taking care not to slip when outdoors**

1. On the grass be aware of holes, dips and rocks.
2. Scan ahead as you walk.
3. Wear sturdy shoes and use the handrails.
4. Crossing at the lights, remember the flashing ‘don’t walk’ sign means you can continue your crossing.
5. Take care or don’t go out in windy weather.
Safe clothing is when . . .

- Loose robes are wrapped around firmly and loose belts and ties are fastened securely.
- No wide and open pockets to stick out and catch doorknobs or furniture.
- Sleeves are not too long, too open or too wide.
- Hems are not too long and are taken up to above the ankle.

Think safety when you purchase clothes.

Think safety when you wear dressing gowns and robes.