

Home Safety: Mobility

- If you use a mobility aid ensure it is in good working order e.g. the handles, wheels and feet are maintained. If your mobility aid needs attention contact the provider.
- Avoid wearing loose slippers or footwear without backs. Flat shoes provide better balance, avoid high heels and slip-ons where possible.
- Feet can change in size and shape as you age. Always get your feet measured when buying new shoes. If you have problems with your feet, please contact your GP or Podiatrist.
- Arrange everyday items in easy to reach places so you can access them without over stretching.
- If you do have to reach up high, use suitable well supported low steps/step ladder with a handle to hold on to. Seek assistance when lifting things from a high to low level.
- Use a helping hand device to avoid bending or over-stretching.
- Keep a mobile or cordless phone in handy. Having a phone close by avoids rushing to answer it.



- If you have difficulty getting up/down stairs you may benefit from an assessment from the Northern Health & Social Care Trust Community Occupational Therapy (OT) Service. They support individuals assisting them to live as safely and independently as possible within their own home. Following an assessment, intervention may include providing advice, equipment or recommendations for adaptations to the home environment.
- You can ask the GP refer or you can self refer to your local Community OT:
 - *Antrim* 028 9442 6100
 - *Newtownabbey* 028 9034 1555
- Alternatively, if you receive a Home Safety Check the Home Safety Officer can then refer you to this service.
- Make sure you contact your GP if experiencing changes in your mobility .
- Regular exercise such as walking or gardening will help balance and strength. Free Strength & Balance exercise booklets are available from the Council:



For more information please contact the Home Safety Officer
 T: 028 9034 0160 E: envhealth@antrimandnewtownabbey.gov.uk
 Or visit the home safety section on our website:
www.antrimandnewtownabbey.gov.uk