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## Stop Falls Network

**Stop Falls** aims to reduce the number of older people in Hackney who injure themselves through falls by helping them access appropriate services and by supporting them to improve their balance, strength and confidence.

### Other services include:

Exercise classes to regain your balance and strength

Home-based exercise program (OTAGO)

Osteopathic treatments

Advice and information

Stop Falls is a project of Mobile Repair Service who provide a low cost repair and handy person service for older and disabled people living in Hackney. Please contact us to make requests or for further information.

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## How can I find out more?

### Call

020 7254 3910 Stop Falls office  
0845 4500 410 Mobile Repair office  
Monday – Friday  
9.30-1.00, 2.00-4.30

### SMS/ Text only

07879 436 708

### By Post

Stop Falls Network  
96- 102 Springfield House  
5 Tyssen Street  
E8 2LZ

*Home Safety Check Scheme funded by Hackney Council;  
Stop Falls services funded by NHS East London and the City.*



**Make your home safer and reduce your risk of having a fall.**

**A guide to our **free** Home Safety Scheme for older people in Hackney.**

**Produced by Stop Falls**

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You can reduce your risk of a fall by making changes in your home so that it meets your current needs.

Through this scheme you can have a thorough safety check. With your help we aim to identify and remove hazards and to fit small aids where they are needed for your safety.

The safety check is free and labour for any remedial work will be free. We provide some free equipment and can refer to the Occupational Therapy Service for other equipment you may need. You will need to pay for some equipment you need such as mortice locks.

***You are more at risk of a fall if you:***

➤ ***Have you had a fall already or worried that you might fall again.***

➤ ***Take 4 or more prescribed medications daily.***

➤ ***Get dizzy when you stand up or get out of bed.***

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## **What does a Home Safety Check involve?**

The Safety Check Worker will arrange with you a convenient time to visit your home and will:

- Check your home for all common causes of accidents and injury.
- Check your home security.
- Tell you what has been found.
- Agree what free work can be done to improve your safety and security.
- Tell you when this work can be carried out.

**We will also offer to put you in touch with other services we know can offer you additional support.**

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## **What issues will the safety check deal with?**

Here are some examples:

- Floor coverings and thresholds.
  - Trailing wires, raised carpets, slippery mats.
  - Electrical sockets: do you need sockets adding or removing?
  - Lighting – is it sufficient?
  - Can you still reach essential shelves and cupboards?
  - Handrails in staircases and bathrooms if you need them.
  - Ease of use and access to gas, water and electric controls.
  - Phone, is it in a convenient place, do you need another extension?
  - Door security, door viewer, window locks.
  - Arrange for you to get a free 10-year smoke alarm.
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