

# Top Tips

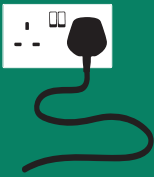
## How to prevent trips, slips & falls



Keep your home well lit, especially the hall, landing and stairs. Consider getting motion-activated lights.



Keep your home clutter free, especially the hall, landing or stairs.



Look out for trailing wires.



Repair frayed carpet edges and use non-slip mats under rugs and in the bathroom.



Mop up any spills straight away.



Get organised so you don't need to climb, bend or stretch too much.



Wear well-fitted shoes and avoid open-backed slippers or loose-fitting trousers.



If you're fit, you are less likely to fall. A little exercise can help to keep muscles strong and improve your balance.



Make sure you have regular hearing and eye tests.



Look after your feet and have your toenails trimmed regular.

Don't let the fear of losing your independence stop you asking for help. There are many simple aids and adaptations which could help you avoid falls, such as grab rails in the bathroom or an extra banister.

Contact your local Care & Repair Agency  
Tel: 0300 111 3333  
[www.careandrepair.org.uk](http://www.careandrepair.org.uk)



Care & Repair  
Gofal a Thrwsio



Ariennir gan  
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for Independent Living

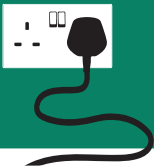
# Cyngor Da Sut i atal baglu, llithro a syrthio



Cael goleuadau da yn eich cartref yn arbennig ar y cyntedd, landing a grisiau. Ystyried cael goleuadau sy'n dod ymlaen pan synhwyrant symudiad.



Cadw eich cartref heb annibendod a llastr, yn arbennig y cyntedd, landing neu risiau.



Cadw golwg am wifrau'n llusgo.



Trwsio ymyl carped sydd wedi treulio a rhoi matiau dim-llithro dan rygiau ac yn yr ystafell ymolchi.



Ei sychu'n syth os caiff unrhyw beth ei dywallt/sarnu.



Bod yn drefnus fel nad oes angen i chi ddringo, plygu neu ymestyn gormod.



Gwisgo esgidiau sy'n ffitio'n dda ac osgoi sliperi cefn agored neu drowseri llac.



Os ydych yn heini, rydych yn llai tebygol o syrthio. Gall ychydig o ymarfer helpu i gadw cyhyrau'n gryf a gwella eich cydbwysedd.



Cael profion rheolaidd ar eich clyw a'ch golwg.



Gofalu am eich troed a chael torri ewinedd eich traed yn rheolaidd.

Peidiwch â gadael i ofn colli eich annibyniaeth eich rhwystro rhag gofyn am help. Mae llawer o fathau o offer cymorth neu addasiadau cartref syml a allai eich helpu i osgoi syrthio, megis canllawiau cydio yn yr ystafell ymolchi neu ganllaw ychwanegol ar y grisiau.

Cysylltwch â'ch Asiantaeth  
Gofal a Thrwsio leol  
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Rhan o Hwyluso – Cefnogaeth  
ar gyfer Byw Annibynnol