



Public Health
England

Protecting and improving the nation's health

Preventing falls in people with learning disabilities

Making reasonable adjustments

About Public Health England

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Public Health England, Wellington House, 133-155 Waterloo Road, London SE1 8UG
Tel: 020 7654 8000 | www.gov.uk/phe | Twitter: [@PHE_uk](https://twitter.com/PHE_uk)
Facebook: www.facebook.com/PublicHealthEngland

Prepared by: Anna Marriott, Alison-Giraud Saunders, Donna Glover
For queries relating to this document, please contact: Donna.glover@phe.gov.uk



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Easy-read summary

	<p>This guide is about staying steady on your feet.</p>
 	<p>Some people with learning disabilities are worried about falling.</p> <p>This can be at home or out and about.</p> <p>There is lots you can do to avoid falls.</p>

	<p>Some reasons why people fall are:</p> <ul style="list-style-type: none">● poor eyesight● poor balance and weak muscles● epilepsy● tripping or slipping (indoors or outside)● sore feet or sloppy shoes <p>Some medicines can make you feel a bit dizzy or faint.</p>
	<p>There are lots of things you can do to help stay steady on your feet:</p> <ul style="list-style-type: none">● keep active and healthy● get regular health checks, including eyes, ears and medicines● look after your feet

 <p>The image contains two parts. The top part shows a 3D rendering of a human femur (thigh bone) that is broken in the middle. The bottom part shows a person lying on a hospital bed inside a medical scanner, with a healthcare professional standing by their side.</p>	<p>Some people with learning disabilities are more likely to have weak bones.</p> <p>This means they may break a bone if they fall.</p> <p>They may need a special scan to find out if their bones are healthy.</p>
 <p>The image shows a woman sitting in a wheelchair. A speech bubble next to her says "I need ...". To her right is a stopwatch showing a portion of the circle filled in blue. Further right is a sign that says "easy read" with icons of people and horizontal lines representing text.</p>	<p>The law says public services should put 'reasonable adjustments' in place to help people with learning disabilities use services.</p> <p>Reasonable adjustments are changes to services so they are easier to use.</p>
 <p>The image shows a man in a dark green shirt and a young boy in a blue jacket and glasses. They are standing and looking at a document held by the boy.</p>	<p>Some people need support to help them have the right checks.</p> <p>This might be things like easy-read information or extra time.</p>

	<p>Some people with learning disabilities need extra help with staying steady on their feet.</p> <p>This might mean:</p> <ul style="list-style-type: none">● special exercise classes and help to keep up the exercises at home● safety checks at home● walking aids
	<p>This report has examples of easy-read information.</p> <p>These can be used to help people with learning disabilities to stay steady.</p>
	<p>This report has examples of reasonable adjustments in local services so that people with learning disabilities can get the right check-ups and the right help.</p>

Most of the pictures in this report are from Photosymbols: www.photosymbols.co.uk

The picture of a bone scan machine is from the NHS Health A-Z website: www.nhs.uk/conditions/dexa-scan/what-happens/