Preventing falls in people with learning disabilities

Making reasonable adjustments

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SUSTAINABLE
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Easy-read summary

	This guide is about staying steady on your feet.
	Some people with learning disabilities are worried about falling.

This can be at home or out and about.

There is lots you can do to avoid falls. |

Some reasons why people fall are:

- poor eyesight
- poor balance and weak muscles
- epilepsy
- tripping or slipping (indoors or outside)
- sore feet or sloppy shoes

Some medicines can make you feel a bit dizzy or faint.

There are lots of things you can do to help stay steady on your feet:

- keep active and healthy
- get regular health checks, including eyes, ears and medicines
- look after your feet

	Some people with learning disabilities are more likely to have weak bones. This means they may break a bone if they fall. They may need a special scan to find out if their bones are healthy.
	The law says public services should put 'reasonable adjustments' in place to help people with learning disabilities use services. Reasonable adjustments are changes to services so they are easier to use.
	Some people need support to help them have the right checks. This might be things like easy-read information or extra time.

Some people with learning disabilities need extra help with staying steady on their feet.

This might mean:

- special exercise classes and help to keep up the exercises at home

- safety checks at home

- walking aids

This report has examples of easy-read information.

These can be used to help people with learning disabilities to stay steady.

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.

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/