



# Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

## Getting in & out of a chair

Have you found it increasingly difficult to get in and out of your favourite chair? This may be due to the seat being too low, the cushions being too soft, or the chair not having firm armrests to push up from. Losing your balance as you move between sitting and standing can potentially lead to a fall.

### Solutions

- A chair with **arms** gives you something to hold onto.
- Make sure you can rest your **feet on the floor** when seated.
- The chair **seat** should be **high enough** to help you stand up easily.
- Check that your chair has **firm cushions** and **adequate back support**.
- Avoid **rocking** or **swivel** chairs as these can make you unsteady.

### People who can help

<b>Occupational Therapist:</b>	Provide safety screening, assistive devices and advice about getting in and out of chairs.
<b>Physiotherapist:</b>	Suggest exercises to make standing & sitting easier.
<b>Family &amp; volunteers:</b>	Assist with locating a suitable chair or, if necessary, making simple adaptations to the chair.
<b>Home handyman:</b>	Help with fitting or adapting a chair.
<b>Furniture suppliers:</b>	Advise on the purchase of a suitable new chair.

For a free fall risk assessment and tips on preventing falls:  
[www.stopfallsathome.com.au](http://www.stopfallsathome.com.au)