



AT and strategies for Falls Prevention

Anyone can be at risk of having a fall, regardless of age or ability. Experiencing a fall can significantly impact our emotional and physical wellbeing, affecting how confidently and independently we navigate the world around us.

Below are some take-aways from the Assistive technology (AT) community, which have helped prevent and manage falls.

AT for falls prevention



“I’ve had great success with my Apple Watch in regard to falls alarm. I use it to call my neighbours, support workers, ambulance, or friends for assistance... I couldn’t live without it” - **AT Chatter Karen**

“I have a collapsible walking stick ... I accept that I need assistance on some days ... It helps me walk longer distances and to keep my balance when walking on uneven ground”
- **AT Chatter Ian**

I use an app called Clock Yourself, “it’s commonly used in neuro-rehabilitation and is great for a whole range of things including movement initiation, cognition and... balance”
- **AT Mentor Nerine**

Tips for falls prevention

“I got my OT to help me to rearrange my routines and objects, so I didn’t have to bob down to get anything, which GREATLY reduced my fall risk at one time” - **AT Chatter Ricky**

“I have been doing Pilates which has helped amazingly with leg strength and limited the amount my leg collapses, therefore avoiding falls”
- **AT Chatter Belinda**

“Practise getting down on the ground and up again. For lower leg amputees, the trick is using the prosthetic as a stabiliser and pushing up through it” - **AT Chatter Andrew**



Relevant links:

- [Read the full article, 'We're not falling for April Falls Month - neither should you'](#)
- [Clock Yourself App](#)