

Preventing falls

Falls can have a serious effect on anyone. These are the **top five** ways to prevent falls.



1. Look after your feet

- Make sure your shoes/slippers keep your foot firmly in place. Avoid narrow heels, open backs or worn soles.
- See a podiatrist if your feet are painful.



2. Stay well

- Eat healthily and regularly. Avoid going for long periods between meals.
- Drink enough water.
- Always take your medicines on time and as prescribed. Check if they have side effects like dizziness/light headedness or drowsiness. If you aren't sure, ask your pharmacist when you pick up your prescription.
- Be aware of changing weather conditions, especially if rain or freezing temperatures are forecast.



3. Look after your eyes

- Have your eyes tested regularly (every two years if under 70, annually thereafter) - it's free if you're over 65.
- Look after your glasses and clean them often.



4. Stay active, stay steady

- Be active - try to do 30 minutes of moderate activity every day. Moderate activity means you will be slightly out of breath.
- Try to sit less, keep doing little things every day.
- On two days per week try to do exercises to increase your strength (e.g. carrying shopping) and balance (e.g. dancing).
- Continue with any exercises you have been advised to do.



5. Look after your home

- Replace worn floor coverings.
- Replace or remove rugs that have curled edges.
- Remove clutter and ensure your home is well lit.
- Replace low beds and chairs if you struggle to get up from them.
- Beware of slippery floors in kitchens and bathrooms.
- Keep your home warm.

Many falls can be avoided with help, so pick up a copy of the **Preventing Falls** booklet today.

If you think you are at risk of having a fall, talk to your GP or pharmacist.

