

Taking positive steps to avoid trips and falls

Eyesight and Hearing Checks

Going for regular eye and hearing checks. Especially if you experience any changes.



Footcare

Wearing appropriate and nicely fitting shoes. Taking care of your feet.



Nutrition

Having a well balanced diet and reducing alcohol intake.



Medication Reviews

Getting regular reviews. Especially if you take several different medications or if you experience any changes in symptoms.



Home Safety

Checking for hazards e.g poor lighting, mopping up spills, loose rugs and cables.



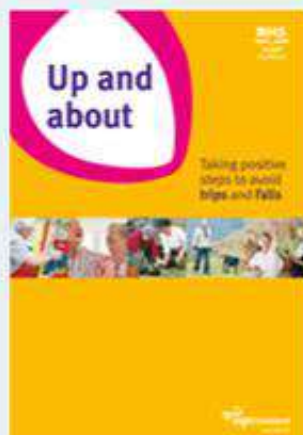
Have a plan

Think about what you would do if you fall.

Always take your phone with you or wear your community alarm at all times.

Further advice in up and about booklet or discuss with a health professional.

Always tell someone if you have had a fall, even if you feel ok.



Keeping Active

Move more, sit less. Getting up to move around every 1-2 hours. Different examples of how to stay active are walking, climbing stairs, gardening or housework.



Strength and Balance

Doing strength and balance exercises 2-3 times per week. Follow the super 6 exercises in the up and about booklet

