

Managing Chronic Conditions

Did You Know? A chronic condition can increase your risk of having a fall.

A chronic condition is one which will continue over a long period of time or a condition or illness that cannot be completely cured eg, diabetes, osteoporosis and rheumatoid arthritis.

Do you have enough information on:

- What the effects of the condition might be?
- What course the condition usually takes?
- How the progressive nature of the condition might be slowed?
- What treatments are available?
- What assistance is available?
- What are the signs and symptoms of a flare up?
- What to do in the case of a flare up?
- What action, specific to your condition, you can take to reduce the risk of a fall?

If you need more information on your condition, please ask the Health Professional who is looking after you. If you are not currently receiving treatment, please talk to your GP.



Falls are Preventable

What Can You Do?

- Prevent further deterioration, disability, injury or symptoms.
- Maintain as much function and well being as possible
- Restore, if possible, some of the function that may have been lost.

For more information on how to avoid a fall, go to www.healthpromotion.com.au or ring the Health Promotion Unit.

Phone: 1800 059 561