

FALLS

Falls Are Preventable

Managing Chronic Conditions

Did You Know?

A chronic condition can greatly increase your risk of falling and being injured.

A *chronic condition* is a health condition or illness which continues over a long period of time or one that cannot be completely cured, e.g. diabetes, osteoporosis, arthritis and depression.

Focus on Well Being. No matter what your current state of health, there are things you can do to manage symptoms, improve your outlook and enhance your quality of life.

Talk with your GP, specialist or other health care provider about:

- The effects of the condition
- The course the condition usually takes
- Treatments
- How to recognise signs and symptoms
- What action you can take to reduce the risk of a fall
- Ways to be more physically active to reduce pain and manage symptoms.



Take action to stay healthy:

- Manage pain and other symptoms.
- Prevent deterioration, disability, or injury.
- Maintain mobility and independence.
- Restore lost function, as much as possible.