

Falls are Preventable

Take steps to avoid a fall

1 in 4 people over the age of 65 will have at least one fall during the next 12 months. **Many falls can be prevented.**

Take positive steps to protect yourself, ensuring you live an active, fulfilling and independent life.

People who take four or more medication are at increased risk of falling

- Keep an up-to-date list of medicines you take including over-the-counter medicines and take it to all health appointments
- Get your medicines reviewed regularly. Talk to your Dr or Pharmacists
- If you take medications consider using a pill box or a blister pack

Most long-term health conditions can be managed

- Manage and maintain your health by taking control of long-term health conditions
- Have a regular health check

Regular eyesight checks

- Visit an optometrist or ophthalmologist at least every two years
- Ensure your home is well-lit
- Take extra care when wearing bifocal and multifocal glasses, particularly on stairs

Being physically active will increase your chance of leading a healthy independent life

- Aim for at least 30 minutes of activity per day. This can be split into three lots of 10 minutes sessions throughout the day
- Focus on activities that include strength, balance and flexibility

Eating a balanced diet is important for good health, energy, strong bones and muscles

- Eat at least three meals a day from a wide variety of nutritious foods e.g. fruits and vegetables, plus calcium- and protein-rich foods
- Drink water – dehydration causes confusion and dizziness
- Add a little sunshine to your life to maximise your vitamin D. Avoid peak UV times



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Correctly fitting, supportive shoes can prevent falls

- Safe shoes that fit well, laces or velcro fasteners, low broad heel with good grip
- Do foot exercises to maintain or improve circulation
- If you have foot pain or foot problems see a podiatrist

60% of falls in the 65+ age group happen in and around the home

- Ensure good lighting throughout your home
- Remove items you could trip over including mats
- Reduce the danger of slipping – clean up spills straight away
- Install grab rails in the bathroom
- Never rush to answer the phone

Many falls can be attributed to poor balance or walking style

- Balance can be improved by being active and managing your medicines
- Talk to your GP or physiotherapist about activities that can improve balance

Be aware of hazards in public places

- Remind bus drivers to wait until you are seated
- If you see a hazard, report it to council or owner/manager of premises
- If you have a walking aid, use it

USEFUL WEBSITES

Medication: www.nps.org.au

Eyesight: www.mdfoundation.com.au

Footwear, chronic conditions, healthy eating, home hazards, physical activity, medication and eyesight:

www.healthpromotion.com.au

Physical activity and home hazards:

www.activeandhealthy.nsw.gov.au

FURTHER INFORMATION

If you do not have access to a computer and would like additional information, please contact the Health Promotion Service on **4320 9720** and an information pack will be sent to you.



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www.healthpromotion.com.au



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