

Personal

Name:

Phone:

Emergency contact

Name:

Phone:

GP name:

Pharmacy no:

Allergies/ Reactions:

List any eye drops, puffers or medication patches you use regularly:

Falls are Preventable Take steps to avoid a fall by:

- ☐ Understanding your medications
- ☐ Being active
- ☐ Having regular eyesight checks
- ☐ Wearing safe footwear. Good foot care
- ☐ Making your home safe
- ☐ Improving your balance
- ☐ Managing your health
- ☐ Eating well
- ☐ Being aware of hazards in public places

For more information
www.healthpromotion.com.au
follow links to Falls Prevention or
ring 43209700



**medicine
record
card**



Health
Central Coast
Local Health District

List all medicines prescribed by your doctor including over-the-counter products, vitamins, minerals and herbal medications you take. Cross out medications when ceased.

Carry this card with you at all times and show to **all** health professionals Doctors, Dentist, Pharmacist, Podiatrists etc.

Show this card every time you visit a Doctor or health professional.

***Include vitamins, minerals and herbal medication you take**

Date / /

[illegible]