



Healthy Bites Episode 16 – Preventing falls

Hi, my name is Mana, I'm a physiotherapist with Central Coast Health.

Whilst falls can occur throughout life, unfortunately they become more common as we age. Often this is due to changes that happen as our bodies age, such as changes to our eyes which can impair our vision, losing muscle strength and balance, or changes to our feet that can alter the way we walk.

The good news is that, although we can't stop our bodies ageing, by being aware of these changes, we can put a few simple strategies in place that are really effective in preventing falls, and work on keeping us as active and independent for as long as possible.

For example, being physically active for 30 minutes most days of the week; practicing our balance and working on our strength a couple of times a week; getting our eyes and feet checked regularly; and eating food that is nutritious. These are all simple things we can work on to keep us fit, strong and as healthy as possible.

So, if you've had a fall in the last 12 months, some near misses, or even just have a fear of falling, I recommend you speak to your GP as they can identify how you can start to work on preventing falls in the future. They can also refer you to a physiotherapist, who can assess your mobility and balance.