

A guide to help you take control of your health and **prevent falls**



Exercise

Engaging in physical activity at least 3 times per week can notably enhance your physical strength, balance and wellbeing.



Diet and Hydration

Maintain a well-balanced diet. Include calcium, protein, and Vitamin D rich foods to build strong bones and muscles.



Medication

It's advisable to review medication with your GP every 12 months. If you're 75 + or taking four or more medications, review every six months.



Vision

It's important to have your vision checked annually and to update your glasses accordingly.



Home

Keep your home safe by removing trip hazards, increase lighting, make stairs safe, and install grab bars in key areas.



Continence

Go to the toilet regularly and don't leave it until the last minute to avoid rushing. Avoid urinary tract infections by drinking water often.



Hearing

It's recommended to undergo an annual hearing test and consult with a healthcare provider if you experience any hearing-related issues.



Footwear and Aids

Wear shoes with a good grip and that fit well. Keep laces tied and avoid loose fitting shoes and slippers. Remember to keep your feet clean and nails trimmed. Keep your walking aid in good repair.

Scan this QR code using the camera on your Smartphone for more information.



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