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**TOP TIPS: Reducing Your Risk of Falls**

(Please use the tick boxes where you think you need to take action.)

**Talk to your GP/health or social care professional:**

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| * If you experience a fall, loss of balance, dizziness or fainting.
* To review your medication and ask about any side effects.
* For advice about how to quit smoking (Smoking can weaken bones).
* If your walking aid is in poor condition, unsuitable or the wrong height.
* If you notice any changes in going to the toilet (frequency or urgency).
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**Looking after yourself:**

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| * Keep Active - Take regular activity and/or exercise to keep joints moving and strengthen muscles.
* Have your eyesight and hearing checked annually.
* Eat well-balanced, regular meals and increase your calcium and vitamin D intake by consuming foods high in calcium and getting regular sunlight. (Or ask your GP if supplements are an appropriate alternative for you)
* Aim to drink 8 glasses of non alcoholic fluid a day unless you have been advised by GP/consultant to restrict fluid intake.
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**Consider your environment:**

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| * Ensure your home is well lit especially on the stairs and corridors; turn on a light when getting out of bed at night. Use high wattage light bulbs.
* Keep items within easy reach to avoid climbing, bending or stretching.
* Consider handrails on the stairs, at external doorways and the bathroom.
* Keep the house warm, you will move more freely and be safer if you should fall.
* Mop up spillages straight away to avoid slipping.
* Remove trip hazards such as trailing wires, rugs, clutter.
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**Consider what you wear:**

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| * Ensure your shoes and slippers fit well, have an enclosed back with good tread.
* Have your toe nails cut regularly.
* Wear your glasses and hearing aid.
* Avoid long trailing clothes.
* Consider how you would summon help if you fall. E.g: wear a pendant alarm, keep your mobile phone on your person.
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