

# Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

## Prevent a fall

Falls are not an inevitable part of growing older

Falls Risk	Check if you are at risk	Action
Medication	Do you take 4 or more medications daily? Has it been 12 months or more since you had a medication review?	Contact your pharmacist for a medication usage review. This is a free service
Eyesight	Do you struggle to see objects around you? Have you noticed any blurring or gaps in your vision?	Contact your optician to book your eye examination.  A sight test is free if you're aged 60 and over
Fear of falling	Have you had a fall or a 'near miss'? Do you worry about falling?	Speak to your GP who may be able to refer you to a falls service
At home	Have you thought about trip hazards in your home? Are you getting up during the night? Do you struggle with stairs/steps?	Contact Care & Repair on <b>0300 111 3333</b> for advice on adapting your home
Urinary tract infection and other infections	Are you visiting the toilet too often, even through the night?	Speak to your GP
Blood pressure (particularly when standing from a sitting or lying position)	Has it been 12 months or more since you had your blood pressure checked?	Make an appointment to see the nurse or a health care assistant. You can also ask at your local pharmacy

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Incontinence bladder and/ or bowel	Do you have trouble making it to the toilet in time?	Speak to your GP about a referral to a Continence Service or your local district nurse
Malnutrition and/or dehydration	Are you noticing a change in your eating? Are you drinking enough throughout the day?	Keep a food diary of what you eat and drink and when. Share any concerns with your GP who can refer you to a dietician if needed
Inactivity or sedentary lifestyle (sitting for too long)	Do you spend most days sitting and limit your activity?	Contact Age Cymru on <b>02920 431 555</b> to find out what exercise classes are available in your area to suit your needs and interests
Feet and footwear	Do you struggle to cut your toenails? Is it painful to walk or stand?	Contact a Podiatrist for foot problems or contact Age Cymru Advice on <b>08000 223 444</b> for information on routine nail cutting services in your area
Aids and equipment	Do you use a walking stick? or other walking aid? Are they starting to wear?	Speak to your GP who may refer you to physiotherapy or occupational therapy
Speaking out	If you have fallen or fear falling...	There's no shame in talking about this – Tell your GP who has good links with your local Falls Clinic or services which can offer a full exploration and assessment of your needs

For more information visit:  
[www.ageingwellinwales.com/falls](http://www.ageingwellinwales.com/falls)