

STAY

independent

Falls are the main reason why older people lose their independence

- This year, one in every three people aged over 65 years and one in every two people aged over 80 years will have a fall
- Over half of all falls experienced by older people occur at home
- Broken bones or head wounds from a fall are the main reason for older people to be admitted to hospital with injuries
- Falls can make you lose your confidence, which in turn can increase your likelihood of falling

Take the first step – check if you are at risk of falling

- To check your risk of falling **complete the questionnaire in the “Staying Independent” brochure attached to this poster**, and give this to the health practitioner you see most (e.g. your doctor, nurse, pharmacist) to talk this through

If you are at risk there are things you can do to help you keep safe

- Exercising at home can help – ask your doctor or nurse for information on appropriate exercises you can do at your own pace to help you with your balance and strength
- Community based falls prevention programmes and exercise classes can help – ask about your nearest programme
- Some medicines can make you sleepy or dizzy, and increase your risk of falling – ask your doctor, nurse or pharmacist about the medicines you are taking and if they are right for you

Don't wait until you have a fall – talk to us today