

USE OF MEDICATIONS

Be aware that medications can sometimes cause dizziness or other side effects. Read the instructions and warnings carefully. Consult your doctor, pharmacist or health care worker about the possible side effects of the prescription or over-the-counter medications you take. And remember that medication and alcohol can be a dangerous combination!



Not medical advice: The information in this pamphlet is intended for educational purposes only. It is not and should not be taken as advice or treatment from a doctor or health care professional. Never disregard professional medical or health care advice or delay in seeking it because of something you have read in this pamphlet.

This pamphlet was produced by the Occupational Therapy Dept at St Marks Day Hospital and was adapted from "Tools for Living Well" leaflets originally used as part of a Falls Prevention initiative in Canada.

Tel 01753 638524

Review due 2010

TIPS ON FALLS PREVENTION

*Prevent falls and
maintain your independence:*

Reduce the risks!



As we get older, our bodies change and we can become more susceptible to falls. Certain risks can be eliminated and others considerably reduced by simple prevention measures.

GENERAL PHYSICAL FITNESS

Given that our daily routines become less physically demanding as we age, we can experience reduced physical fitness, increasing the risk of falls. Maintaining or regaining physical fitness is the most effective falls prevention measure of all. All forms of physical activity including walking, gardening and dancing can help maintain the strength and vitality that will protect us from injury.



ABILITY TO MAINTAIN BALANCE

Balance is an important element of fitness. Tai chi, yoga and dancing are all exercises that increase balance and steadiness – proof that keeping fit can be fun. Other factors can affect balance, including improper use of glasses, misuse or disuse of assistive equipment, and certain medications. Make sure you're aware of these dangers. Exercise to improve balance and use devices and medications appropriately.

WALKING CONDITIONS

Poorly maintained pavements, unlit streets and icy conditions can be dangerous. Before going outside, consider whether it's safe. Make sure you report any unsafe conditions in the neighbourhood.

PRECAUTIONS IN AND AROUND THE HOUSE

Reduce the risks of falls and injuries around the house by removing obstacles, improving access and installing grab rails, night-lights, etc around the house and garden.

DIET AND EATING HABITS

Regular healthy meals help keep up strength and vitality. If you don't enjoy preparing meals by yourself, invite friends, eat out, or develop a routine that makes you look forward to your meals (candlelit table, special treat, etc). If you are unable to prepare meals for yourself, consider frozen ready prepared meals or meal services provided in your community

