



Take Positive Steps to Avoid Trips and Falls

People of all ages fall. However the consequences of falling for older people can be serious. Falling due to aging is not inevitable, there are simple things we can do to minimise risk.

- ✓ **Get regular exercise** to improve your strength, fitness and balance
- ✓ **Have your eyes and hearing checked.** Vision and hearing play a vital role in balance and movement.
- ✓ **Ask your Pharmacist or GP for an annual medication review.** Some medicines or illnesses such as poorly controlled diabetes, can make you feel faint and dizzy.
- ✓ **Look after your feet.** Painful feet and ill-fitting shoes can affect your balance and increase your risk of falling.
- ✓ **Make sure you get enough calcium and vitamin D** to keep your bones strong.
- ✓ **Check your homes for trip hazards.** Some risks are obvious but often overlooked, such as clutter and poor lighting.

Making small adjustments in your daily life doesn't mean that you have to limit your activities. In fact it can give you greater freedom and confidence.

If you have had a fall or feel you are going to, tell your GP

Falls Awareness Week: September 22nd – 29th

Look out for events in your area.

For more information or if you would like a talk / display, please contact Sara Bradley on 01228 536673 or e-mail sara.bradley@ageukcarlisleandeden.org.uk