

## 10 TIPS TO PREVENT FALLS

- 1. Have your sight and hearing tested every year. NHS sight tests are free for over 60 year olds.**
- 2. Keep active to maintain good balance and strength. Join an exercise or walking group.**
- 3. Keep your home clutter free and well lit. Use long life light bulbs and night-lights.**
- 4. Use non-slip mats inside the bath and remove all rugs.**
- 5. Eat well and take at least 6 hot and cold drinks a day including water or fruit juice.**
- 6. Eat low fat milk, cheese and yoghurt as good sources of calcium and ask your Doctor about Vit D supplements.**
- 7. Look after your feet. Wear flat enclosed shoes with non-slip soles. Don't wear sloppy ill-fitting slippers or thick soled trainers as they can make you trip.**
- 8. If you fall always let your Doctor know. There are lots of causes of falls which can be easily remedied.**
- 9. If you take medication. Make sure you know what your tablets are for and when they should be taken. It is important to have your medications checked by your Doctor every 6 months. If you have poor vision, ask your pharmacist for large print labels.**
- 10. If you get dizzy when you stand up do it slowly, moving in stages and take your time before you start to walk. Always tell your Doctor if you have dizziness or blackouts.**

