

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 0300 111 3333 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