

# Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

Falls Risk	Check if you are at risk	Action
Incontinence bladder and/ or bowel	Do you have trouble making it to the toilet in time?	Speak to your GP about a referral to a Continence Service or your local district nurse
Malnutrition and/or dehydration	Are you noticing a change in your eating? Are you drinking enough throughout the day?	Keep a food diary of what you eat and drink and when. Share any concerns with your GP who can refer you to a dietician if needed
Inactivity or sedentary lifestyle (sitting for too long)	Do you spend most days sitting and limit your activity?	Contact Age Cymru on <b>02920 431 555</b> to find out what exercise classes are available in your area to suit your needs and interests
Feet and footwear	Do you struggle to cut your toenails? Is it painful to walk or stand?	Contact a Podiatrist for foot problems or contact Age Cymru Advice on <b>08000 223 444</b> for information on routine nail cutting services in your area
Aids and equipment	Do you use a walking stick? or other walking aid? Are they starting to wear?	Speak to your GP who may refer you to physiotherapy or occupational therapy
Speaking out	If you have fallen or fear falling...	There's no shame in talking about this - Tell your GP who has good links with your local Falls Clinic or services which can offer a full exploration and assessment of your needs

For more information visit:

[www.ageingwellinwales.com/falls](http://www.ageingwellinwales.com/falls)