

ARE YOU AT RISK OF FALLING?

Anyone can have a fall. However, older people, especially with long term health conditions, which can affect balance and co-ordination, are more vulnerable and likely to fall. By understanding the risks associated with having a fall and the preventative measures you can take, before you have a fall, you can help lower the risk.

STEP 1 - Take a look at our handy checklist and see how many boxes you tick:

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| <input type="checkbox"/> I've had a fall, but not been to see anyone about it. | <input type="checkbox"/> I don't think I drink enough fluids every day (3 pints / 1.6 litres for women and 3.5 pints / 2 litres for men). |
| <input type="checkbox"/> I haven't reviewed my medication with my GP practice within the past 12 months. | <input type="checkbox"/> I struggle to take proper care of my feet. |
| <input type="checkbox"/> I often need to get up to go to the toilet during the night. | <input type="checkbox"/> My slippers have probably seen better days. |
| <input type="checkbox"/> I don't think I'm as active as I should be (I do less than five sessions a week of 30 minutes moderate activity). | <input type="checkbox"/> I have a long term condition, such as diabetes, arthritis, dementia, heart disease or Parkinson's. |
| <input type="checkbox"/> I sometimes feel light headed, dizzy or weak when I stand up or walk. | <input type="checkbox"/> I turn off all unnecessary lighting, to help save my electricity costs. |
| <input type="checkbox"/> I struggle to keep on top of basic tasks around the home. | <input type="checkbox"/> I think I drink more alcohol than the recommended limit (14 units a week for men and women). |
| <input type="checkbox"/> I haven't had my eyes tested in the last year. | <input type="checkbox"/> I often catch my feet on things which could trip me up, such as the dog or my grandchildren. |
| <input type="checkbox"/> I wear bifocals or varifocals. | <input type="checkbox"/> I'm not always that warm in my home. |
| <input type="checkbox"/> I've got quite a lot of clutter in my home. | <input type="checkbox"/> I worry about feeling unsteady or tripping over when I leave the house, so I don't go out as much as I should or I'd like to. |

STEP 2 - If you've ticked a lot of boxes, find out more about the different steps you can take to prevent a fall, at www.talkcommunitydirectory.org/falls