

Stop Falls and Stay Safe

Keep active:

- Exercise 3-4 times a week with an activity you enjoy, such as supervised walking, strength training, or an exercise program.
- Pause for a moment after standing up. Don't rush off.
- Turn your body carefully when changing direction.



Eyes:

- Have your eyes checked once a year.
- Keep your glasses clean.
- Avoid bifocals glasses.



Supportive footwear:

- Wear shoes with an enclosed broad heel and rubber soles.
- Avoid loose slippers, thongs or high heels.
- Read the 'Safe Footwear for your Stay in Hospital' brochure for more information



Medications:

- Discuss your medicines and their side effects with your doctor as they can contribute to falls.
- If you take sleeping tablets, be careful when you go to the toilet overnight. Sit on the edge of the bed before getting up.



Be safe at home:

- Remove things that can cause you to fall, such as floor mats, rugs and electrical cords.
- Keep walkways clear.
- Increase lighting in your home—install a sensor or night light in the bedroom or hallway, so you can see the way to the toilet.
- Use hand rails, a shower stool or an over toilet frame that can help with your balance in the bathroom or toilet.



Talk to your health professional for individual advice on falls prevention

If you have a fall

How can you raise the alarm?

- Activate your personal alarm.
- Carry a cordless phone or mobile phone around the house and call 000.
- Set up a monitoring system with your friends, relatives or a trusted neighbour.
- Organise a daily phone call or visit from a family member, friend or carer.
- Speak to your Occupational Therapist if you would like to use a personal alarm.



How can you let help in?

- Leave a spare key with a friend, trusted neighbour or relative who lives nearby, or is on your designated contacts list.
- Use a key safe box which holds a spare key inside it. It has a combination lock to open and help ambulance officers get inside your house.



Who can you ask for help?

- Your Occupational Therapist.
- Your Doctor. Please inform your doctor whenever you fall.
- Local Community Health Centre—to access community based Physiotherapy, Occupational Therapy home visits, falls prevention clinics, Dieticians, and Podiatrists.
- Your local council—to access assistance with home services.
- National Continence Helpline: 1800 330 066.
- Vision Australia: 1300 84 74 66.
- Book an appointment with an Optometrist,. This is covered by Medicare.
- Department of Veteran's Affairs: 133254 (if you are a veteran).

Notes
