

Live longer better and avoid falls

Falls are NOT an inevitable part of getting older.

You should always tell your GP or another health professional if you have a fall as it may be a sign of a new or worsening health condition.

There are lots of ways to reduce your risk of falling.
Start making your action plan today.



Be active



Hydration



Foot care



Medicine



Alcohol



A safe home



Falls Friends



Eyesight



Dizziness

Steps you can take to live well and avoid falls

Be active every day

Improving your strength and balance can reduce your risk of a fall.



I've had a fall in the last 3 months.

I'm going to...

- ☒ Contact my GP Practice Team for support through the NHS, which can include NHS balance classes.

I'm feeling a bit wobbly on my feet. I'm going to...

- ☒ Find a local Steady and Strong class, designed to improve your strength and balance. Call **0370 779 0106** or visit **hants.gov.uk/balance**

I'm feeling steady and want to stay that way. I'm going to...

- ☒ Be active every day and do strength and balance exercises, such as circuit or resistance training, ball sports, yoga or tai chi at least twice a week.

Medicines



Some medicines, and taking a lot of medicines, can make you more likely to fall.

I'm going to...

- ☒ Follow instructions for taking and storing medication.
- ☒ Have a medication review every year. Speak to your GP Practice team or pharmacist to make an appointment.
- ☒ Speak to a pharmacist about medication reminder systems.

Foot care

Keeping your feet and footwear in good condition can help you to stay steady.



I'm going to...

- ☒ Take care of my feet, including trimming toenails regularly.
- ☒ Wear well-fitting shoes or slippers that are in good condition and support the ankle.
- ☒ See a GP or chiropodist about any foot problems.

Eyesight



Good vision can help us move around safely and feel steady.

I'm going to...

- ☒ Have an eye test each year. It is free if you are aged over 60 and some opticians do home visits if you're unable to get out.

If you do need glasses:

- ☒ Wear them as instructed.
- ☒ Keep them clean.

Alcohol

Drinking alcohol significantly increases your risk of a fall.

I'm going to...

- ☒ Try to cut back on drinking alcohol.
- ☒ *If you are concerned, or someone else has expressed their concern that you are drinking too much alcohol, contact Inclusion Recovery Hampshire on 0300 124 0103.*

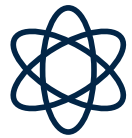


Dizziness

There are lots of possible causes of dizziness including low blood pressure and inner ear problems.

I'm going to...

- ☒ Speak to my GP Practice team to find out why I'm feeling dizzy.
- ☒ Change position slowly and march on the spot while seated and on first rising.
- ☒ Take extra care when getting out of bed.
- ☒ Drink plenty of fluids during the day (unless advised otherwise).
- ☒ Arrange a hearing test.



Staying hydrated

Keep your bladder healthy to avoid rushing to the toilet.



I'm going to...

- ☒ Drink 6-8 glasses of fluid a day, *unless your doctor advises you otherwise.*
- ☒ Cut down on caffeinated, carbonated, acidic and alcoholic drinks that irritate the bladder.
- ☒ Contact the continence service to talk through any concerns. If you live in the North East of Hampshire ask a health professional to refer you. For the rest of Hampshire, call 02382 311690.

A safe home

Many falls occur at home, but some simple actions can reduce the risk.

I'm going to...

- ☒ Check my house and remove any slip and trip hazards like rugs and wires.
- ☒ Use non-slip mats in the bathroom.
- ☒ Make sure all rooms and staircases are well lit.
- ☒ Put a light by the bed in case I need to get up at night.
- ☒ Contact my local council to talk about adaptations such as grab rails.



Arrange a Safe and Well visit from Hampshire Fire and Rescue by calling **023 8062 6751**. Safe and Well is a free home fire safety visit, tailored to your needs.

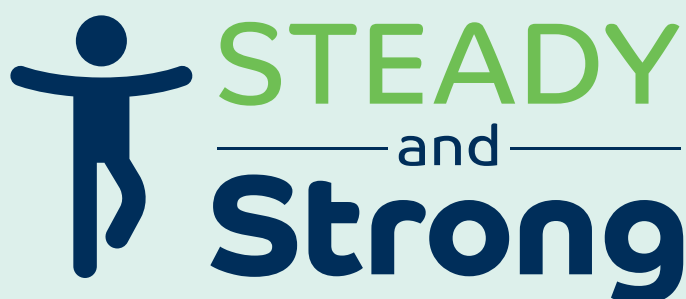
Learn more

Falls Friends Talks explore the potential causes of falls and how to minimise the risks. The one-hour sessions are suitable for anyone interested in preventing a fall, whether that's yourself or someone you support.



I'm going to...

- ☒ Call **02382 311690** to book a place on a Falls Friends Talk.



Steady and Strong classes have been developed by experts. Classes aim to increase your strength and balance, helping you to stay stronger for longer and able to keep doing everything that you love. You will do a mix of seated and standing exercises, with chair support if you need it.

If you enjoy dancing and want to improve your strength and balance, Steady and Strong Dance classes could be perfect for you.

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