

5 Steps for Falls Prevention

4. ARE YOUR FEET SORE?



Wear comfortable, firm-fitting flat shoes.

If you are experiencing swelling or soreness talk to your podiatrist.

5. IS YOUR VISION CHANGING?

Should you be experiencing any change with your vision, ensure you speak to your optometrist.

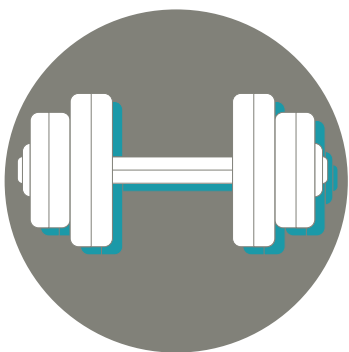
CONTACT US

-  5421 1666 - Kyneton
9744 4455 - Sunbury
5421 6000 - Romsey
-  admin@scchc.org.au



Slips, trips, and falls can happen to anyone. People fall for a variety of reasons. There are many things you can do to reduce your risk of falling.





1. ARE YOU CONTINUING TO EXERCISE?

Ensuring you remain active helps to keep you on your feet by restoring balance, strength and flexibility.

If you don't know what exercise to do see a physiotherapist or exercise physiologist.



2. ARE YOU TAKING MEDICATIONS?

Some medications can increase your level of fall risk.

Also ensure you consider your alcohol intake as it can react with your medications.

Talk to your pharmacist or GP with any concerns.



3. IS YOUR HOME SAFE?

You can take a number of precautionary measures including reducing clutter or rugs, fixing poor lighting, installing grab bars to reduce your fall risk.

If you are concerned about your current mobility aids, or you think you might benefit from a mobility aid, seek assistance from an occupational therapist.

