



- ◆ 30-35% of people over 65 years old have a fall each year
- ◆ 10% of the falls will cause hospitalisation
- ◆ 1000 people die each year from an accidental fall

WHO IS AT RISK OF FALLING?

Anyone can have a fall, but it is recognised that there are factors that can put you more at risk, these include:

- * Certain medications such as diuretics, anti-hypertensives and sleeping tablets
- * Impaired vision
- * Unsteady gait or balance
- * Inadequate nutrition and diet
- * Alcohol intake over 2 drinks per day.
- * Foot pain or deformity
- * Inappropriate footwear (high heels, open/sling back shoes, slippers)
- * Conditions such as Dementia, Parkinson's disease
- * Acute medical conditions such as Urinary Tract Infections and Pneumonia

HOW DO I REDUCE MY RISK OF FALLING?

The tips below look at safety around your home. This is an important factor in preventing falls.

- * Ensure carpets or mats lie flat without wrinkles or curled up edges
- * Clean up spills as they occur
- * Ensure floors are free of clutter
- * Ensure electrical or phone cords are away from walkways.
- * Make sure that you have adequate lighting in your home and a light source you can reach from your bed.
- * Put hand rails in the bathroom for bath, shower and toilet use
- * Have rails on both sides of your stairs
- * In the kitchen make sure items are easy to reach. Don't store things too high or too low
- * Consider a personal alarm service such as Vitalcall or Constant Companion
- * It may be appropriate for an Occupational Therapist (OT) to come and visit your home and suggest some modifications or organise equipment such as hand

rails.

- * Have regular medication reviews and check ups with your doctor.
- Keeping fit and active will help you to maintain your balance. Regular exercise will tone the muscles that stabilise you. Some suggestions for assistance in an exercise programme are:

- * Over Forty's Fitness
9960 6660
- * Medigym
9960 6166
- * Healthy Lifestyle classes
8877 5300
- * Speak with your doctor about seeing a Physiotherapist or Exercise Physiologist who can organise a personal falls prevention program for you

Source:

www.health.qld.gov.au
NSW Health

Remember

- ✓ Have regular check-ups including a Seniors Annual Check-Up if you are over 75 years
- ✓ Keep fit and active

We are a team of committed and experienced family doctors, nurses and support staff working together to set new standards in patient care and practice administration.

For information about all our services and our doctors, please visit www.cremornemedical.com.au

