Being physically active will increase your chance of leading a healthy, independent life

- Aim for at least 30 minutes of activity each day.
- Talk to your doctor or physiotherapist about exercises to improve your balance and leg strength.

**FURTHER INFORMATION**

If you do not have access to a computer and would like additional information please contact the Health Promotion Service on 02 9947 9864 and an information pack will be sent to you.

**Falls are Preventable**

“The Role of the Community Pharmacy in Falls Prevention” project was originally developed and implemented by the Health Promotion Service, Central Coast Local Health District.

April 2016
One in four people over the age of 65 years will have at least one fall during the next 12 months. Many falls can be prevented.

Take positive steps to protect yourself, ensuring you live an active, fulfilling and independent life.

People who take four or more medications are at increased risk of falling

- Keep an up to date list of the medicines you take. Include over the counter medicines like vitamins. Take the list to all health appointments.
- Get your medicines reviewed regularly. Talk to your doctor or pharmacist if you have any questions or problems.
- Consider using a pill box to help manage your medicines if this is safe to do so.
- Improve your health by taking control of long term health conditions. Have a regular health check.

Poor eyesight can cause a fall

- Visit an optometrist or ophthalmologist at least every 2 years.
- Take extra care when wearing bifocal and multifocal glasses, particularly on stairs.

60% of falls in the 65+ age group happen in and around the home

Check your home for safety hazards and:

- Ensure good lighting in and around your home.
- Remove items you could trip over including mats.
- Reduce the danger of slipping by cleaning up spills straight away.

Be aware of hazards in public places

- Ask the bus drivers to wait until you are seated.
- Use your walking aid if you have one.
- Hold onto handrails when going up or down stairs.

A healthy diet is important for energy, strong bones and muscles

- Eat at least 3 meals a day from a variety of foods including fruits, vegetables and grains.
- Include calcium rich foods (milk, yoghurt, cheese and calcium fortified products) and protein rich foods (meat, poultry, fish, eggs, nuts and legumes).
- Drink water as dehydration can cause dizziness and confusion.
- Vitamin D is important. As the main source of Vitamin D is sunlight, those people with limited exposure to the sun should talk with their doctor about appropriate therapy.

Badly fitting shoes can cause falls

- Wear safe shoes that fit well. Use laces or velcro fasteners. Have a low broad heel with good grip on the sole.
- Do foot exercises to maintain or improve circulation.
- See a podiatrist if you have foot pain or foot problems.