ARE YOU AT RISK OF FALLING?

1. Have you had a fall in the last 12 months?
   □ YES □ NO

2. Do you take 4 or more medications?
   □ YES □ NO

3. Do you do less than 30 minutes of exercise on most days?
   □ YES □ NO

If you answer ‘yes’ to any of these questions talk to your Pharmacist and Doctor.

FALLS ARE PREVENTABLE

For more information about falls prevention and to find out about exercise classes in your area, please visit:

www.activeandhealthy.nsw.gov.au

“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.

NSW Government
Health
South Eastern Sydney Local Health District
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1. Have you had a fall in the last 12 months?

It is important to tell your Doctor after every fall.

2. Do you take 4 or more medications?

Talk to your Pharmacist and Doctor about a Home Medicine Review.

Sleeping tablets and anti-depression medication increase your risk of falling.

3. Do you do less than 30 minutes of physical activity on most days?

Aim for at least 30 minutes of activity per day. This can be split into 3 lots of 10 minutes sessions throughout the day.

If you would like additional information please contact the Health Promotion Service on 02 9947 9864

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