

# How to fall-proof yourself

## Are you getting enough exercise?

Being physically active helps you maintain healthy bones and stay on your feet.

*Do regular exercise  
most days of the week*

## Are you deficient in calcium and vitamin D?

The lack of calcium and vitamin D can lead to fragile, brittle bones (osteoporosis) and poor muscle strength.

*Talk to your doctor and  
visit  
[www.osteoporosis.org](http://www.osteoporosis.org)*

## Is your vision changing?

Are you seeing clearly, less able to judge distance and depth and adjusting to sudden changes in light and dark? Poor vision increases your risk of falling.

*Have your eyes checked*

## Are you taking medications?

Feeling drowsy, unsteady, dizzy or confused? Some medications can increase your risk of falls, especially those for anxiety, depression or difficulty sleeping.

*Talk to your doctor*

## Are your feet sore?

Feet can change shape and loose feeling. Painful and swollen feet make it difficult to walk and some shoes or slippers may cause you to stumble or trip.

*Have your feet checked  
and wear comfortable,  
firm-fitting, flat shoes*

For further information:

Email: [falls@cec.health.nsw.gov.au](mailto:falls@cec.health.nsw.gov.au)

Web: [www.cec.health.nsw.gov.au](http://www.cec.health.nsw.gov.au)



# Information for those at risk of a fall

Staff will discuss with you and your family/carer why you are potentially at risk of falling.

## History of a Fall

If you have had a previous fall at home, there is an increased risk that you will fall again. Staff will talk to you and your doctor to review your health status and medications.

## Mental Status

If you are unwell, you may become confused or disorientated - causing you to fall. You may need assistance when walking and help to the toilet. You may also be located close to the nurses' station, placed in a lower bed and/or have someone with you at all times.

## Vision

If you usually wear glasses, keep them clean and wear them when you are walking. Turn on the lights at night and wait for staff to assist if you feel uncertain.

## Toilet Use

If you have to go to the toilet a lot, have a feeling of urgency, or need to get up during the night, staff will locate you near the toilet. They will regularly offer to assist you to get to the toilet and provide you with a urinal and/or commode.

## Transfer/Mobility

If you are unsteady, or find it difficult to move from the bed to a chair, you may need equipment/aids to help make you safe. It is important that you ask staff to assist you and wait for them to come.

## Medications/Medical conditions

If you have a medical condition, or taking medications that affect your balance, or cause your blood pressure to drop when you stand, staff will arrange a medical review, check your blood pressure lying and standing and encourage you to sit up or stand up slowly and to wait for assistance before you get out of bed.

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