

Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

Falling over isn't an inevitable part of ageing

Did you know that many of us start to feel a bit unsteady on our feet or worry about falling. But there are simple things we can do to help avoid a slip or fall.

Take action today

What	Ask	Act now
R eview medication	Do you take 4 or more medications daily? Has it been 12 months or more since you had a medication review?	Contact your pharmacist for a medication usage review (MUR). This is a free service and is not to replace your clinical review with your GP.
E yesight and hearing	Do you struggle to see objects around you? Have you noticed any blurring or gaps in your vision? Do you have difficulty hearing or interference with your hearing?	Contact your optician to book your eye examination and sight test. A sight test is free if you're aged 60 and over. Many opticians and pharmacies offer hearing tests.
D ecrease your fear of falling	Have you had a fall or a 'near miss'? Do you worry about falling?	Speak to your GP about your concerns.
U rinary tract infection and other infections	Are you visiting the toilet frequently? Are you getting up at night?	Speak to your GP or Practice Nurse.
C heck your blood pressure	Has it been 12 months or more since you had your blood pressure checked?	You can ask at your local pharmacy for a blood pressure check. (Some places charge), or your Practice Nurse at your GP surgery.
I ncontinence bladder and/ bowel	Do you have trouble making it to the toilet in time?	Make an appointment with your GP. Your GP will be able to do a full assessment and discuss treatment options.
N utrition and hydration	Are you noticing a change in your eating? Are you drinking enough throughout the day? Do you ever feel dizzy or faint?	Share any concerns with your GP who can refer you to a dietician if needed.
G et Active	Do you spend most days sitting? Do you avoid moving about?	Contact Age Cymru Advice on 0300 303 44 98 to find out what exercise classes are available in your area to suit your needs and interests.
F oot health and supportive footwear	Do you struggle to cut your toenails? Is it painful to walk or stand? Do you struggle to find shoes that are comfortable to wear?	Contact NHS 111 Wales to find a podiatrist or contact your local Age Connects Wales for information on routine toenail cutting services in your area on 01639 617 333.
A ids and equipment	Do you use a walking stick or other walking aid? Are they starting to wear? When did you last check these?	Speak to reception staff at your GP surgery to see if you can self-refer or need to see a GP or occupational therapist.
L et people know!	Have you fallen or do you worry about falling?	There's no shame in talking about this. Tell your GP who has good links with your local Falls Clinic or services that can offer a full exploration and assessment of your needs.
L imit unnecessary risk	Act with care at all times, assessing whether you are able to take on the activity/pursuit? Watch alcohol intake. Telecare might give you and family/carer peace of mind if you are worried about falling.	Recognise that your body might not be able to do what it could even a few years ago: assess the risks. Recognise the impact of alcohol intake beyond recommended levels, or when your taking medication. If Telecare and monitoring falls gives confidence then find out how to access in your area: DEWIS Cymru - https://www.dewis.wales/
S afe from hazards in the home	Have you thought about trip hazards in your home? Are you worried about lighting, or keeping warm? Do you struggle with your stairs/steps?	Contact Care & Repair on 0300 111 3333 for advice on adapting you home.

For more information visit:

www.agecymru.org.uk/falls

Or call Age Cymru Advice on

0300 303 44 98 (charged at a local rate)

Monday to Friday between 9am and 4pm.

