



# Falling over is not an inevitable part of growing older

- Do you ever think or worry about falling over?
- Do you ever feel unsteady on your feet?

**We can fall over at any age but as we get older, we're more likely to get hurt. Check out this leaflet to see what you can do today to reduce your risk.**

## Check your home

### Why

Keeping an eye out for potential trips and slips can make your home a safer place. Simple changes can make a big difference.

### How to reduce your risk

- Remove rugs and mats from top and bottom of the stairs.
- Remove trailing wires, and clutter. Avoid glass furniture which is harder to see.
- Have good lighting. For example, install a nightlight near the bed or motion-activated lights to help you make your way to the bathroom.
- Check that beds, chairs and toilet seats aren't too high/low so you can get on and off easily.
- Contact Care & Repair for advice on adapting your home.

## Manage your medications

### Why

Certain medications can make you feel faint or dizzy and affect your balance.

### How to reduce your risk

Don't miss any medication reviews.

If your medication is making you faint or dizzy, talk to your GP surgery or Pharmacist.



## Stay active

### Why

As we get older our strength and balance can reduce. Exercises to improve muscle strength can decrease your risk of falling over.

### How to reduce your risk

Contact Age Cymru Advice to find out what exercise classes are available in your area. Or check out the Chartered Society of Physiotherapy for tips on how to improve your strength and balance.



## Eat well

### Why

It's important to make sure you're eating well. Getting enough energy helps keep up strength and prevent falling over. Eat a well-balanced diet including plenty of protein for muscle strength.

### How to reduce your risk

If you notice a change in your eating, are getting dizzy, or notice your clothes getting looser, talk to your GP surgery where they can refer you to a Dietician if needed.



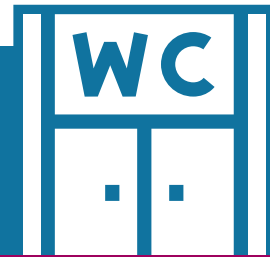
## Keep an eye on how often you are going to the toilet

### Why

Getting up to go to the toilet frequently, particularly during the night or rushing to go, can increase your risk of falling over.

### How to reduce your risk

If you notice any changes or are worried, contact your GP surgery. They'll be able to do a full assessment and discuss any treatment options.



## Drink enough fluid

### Why

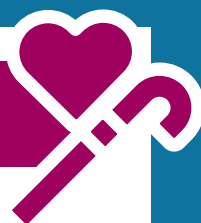
If you don't drink enough fluid, it's likely that you'll start to feel light-headed which will increase your risk of falling over.

### How to reduce your risk

Try to drink about six to eight glasses of fluid a day.



## Check your walking aids



### Why

If walking aids like walking sticks or frames are wearing down or need repairing, they can cause you to fall over.

### How to reduce your risk

Get your walking aid checked regularly. Speak to your GP surgery to see if you can self-refer or need to see a GP or Physiotherapist.



## Look after your feet

### Why

Problems with your feet or shoes can affect your balance and increase your risk of tripping or falling.

### How to reduce your risk

- Wear shoes and slippers that fit well, don't slip off, have a back, good grip, and secure fastening.
- Always wear shoes or slippers, and never walk indoors in bare feet, socks or tights.
- Look at your feet for sore areas, and for any changes in colour or condition.

Contact your GP surgery if you see any changes in the condition of your feet.

Contact NHS 111 Wales to find a HCPC registered Podiatrist or contact Age Cymru Advice for information on toenail cutting services. In many areas there'll be an Age Cymru partner or Age Connects nail cutting service you can contact directly.

## Take care of your eyes and ears

### Why

Our eyesight changes as we age and can lead to a trip or loss of balance. Also, problems with your ears can affect your balance.

### How to reduce your risk

Contact your optician to book a sight test. A sight test is free if you're aged 60 and over. Many Opticians and Pharmacies offer hearing tests.



## Contact details

### Age Cymru

0300 303 44 98

[www.agecymru.org.uk](http://www.agecymru.org.uk)

### Care & Repair Cymru

0300 111 3333

[www.careandrepair.org.uk](http://www.careandrepair.org.uk)

### Age Connects Wales

07873 519738

[www.ageconnectswales.org.uk](http://www.ageconnectswales.org.uk)

### Chartered Society of Physiotherapy

020 7306 6666

[www.csp.org.uk](http://www.csp.org.uk)

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## Look after your bones



### Why

If you have weaker bones, they're more likely to break if you fall over. So stronger bones could make any injury you have much less serious.

### How to reduce your risk

Keep your bones healthy and strong by eating calcium-rich foods, do weight-bearing exercises and get enough Vitamin D. It's recommended that people over 65 take a 10microgram supplement of Vitamin D every day.

Use the Royal Society of Osteoporosis Risk checker on their website or call 0808 800 0035 to find out more about osteoporosis.

If you're worried about falling over the most important thing you can do is talk to someone. Talk to your GP surgery who will have links with your local Falls Clinic or services that can help you.

### Include local information here