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Professor Cathie Sherrington, The George Institute for Global Health
CEC Consumer Advisory Group & Health Service Consumer Focus Groups

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Stay on your feet. Your home safety checklist (2004), NSW Ministry of Health Falls can be prevented: A guide to preventing falls in older people (2007), Department of Health and Ageing

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The information included in this resource is provided for general information only and is not a substitute for independent medical advice. Please consult your health care provider if you have or suspect you have a health problem. Use of the exercises, advice, and information contained in this resource is at the sole choice and risk of the reader.

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Staying active is the single most important thing we can do to stay fit and independent.

As we grow older we lose muscle strength and sense of balance and this can lead to a fall. The more active we remain, the better the chance of keeping our muscles strong, our joints mobile and maintaining good balance.

Staying active reduces our risk of a fall, which helps keep us independent and improves our overall health and wellbeing.

How much activity is enough? At least 30 minutes a day, 5 days a week, is recommended. The exercise should be brisk enough to increase your breathing and heart rate, although it doesn’t have to be so hard that you can’t talk.

Activities to get your heart rate up and help build fitness include:

- aqua aerobics
- brisk walking
- golf
- group exercise classes
- swimming.

To reduce your risk of falling, it’s also important to include activities that improve your balance and increase your strength. Try to include these into your routine every day.
Activities which are particularly good for balance and strength include:

- dancing
- gym sessions
- group exercise classes
- home exercises
- lawn bowls
- pilates
- Tai Chi
- yoga.

These types of activity have plenty of benefits. They help keep your heart strong, your blood pressure down, and control your weight. By improving your balance and strength, you reduce your risk of falling and causing an injury or breaking a bone. And they keep you active enough to do the things you want to do, whether that be getting out of the chair easily or maintaining the garden.

Try to mix up the activities — this will exercise different muscles and helps keep you interested. You don’t have to do it all in one go — being active in 10-15 minute slots during the day works just as well.

Age is no barrier — research shows that any exercise, at any age, is worth the effort. If you are in any doubt about exercises, please talk to your doctor.

By improving your balance and strength, you reduce your risk of falling and causing an injury or breaking a bone.

Find a local balance and strength program by visiting the Active & Healthy website at: www.activeandhealthy.nsw.gov.au
Exercise at home

The following balance and strength exercises are easy to do at home. Make sure you have a chair, benchtop or wall nearby for support when you try them. Once you become more confident, you can hold for longer or increase the number of repetitions. Use smooth movements when performing these exercises and take your time. Stop exercising if you experience any unusual pain or discomfort and seek advice from a qualified health professional. You can view video instructions for all of these exercises on the Active and Healthy website www.activeandhealthy.nsw.gov.au

1. Heel to toe standing / walking
   • Helps keep balance when you have to walk through a narrow space
   • With fingertips on something solid to help balance, stand heel to toe, bend your knees slightly and keep still for 10 seconds.
   • Vary the exercise with feet close together and one foot halfway in front of the other.
   • Upgrade the exercise by walking slowly, placing your heel to touch the toe of the other foot.

2. Knee raises
   • Helps with climbing stairs and getting in and out of cars and buses
   • With fingertips on something solid to help balance, lift a knee to hip level and hold it for 5 seconds.
   • Repeat with the other leg.
   • Then repeat 8 times.

3. Side leg raise / sideways walking
   • Improves stability when you have to take weight on one leg, and helps you step sideways to avoid tripping
   • With fingertips on something solid to help balance, stand on one leg and raise the other sideways, holding it for 5 seconds.
   • Repeat 8 times.
   • Then do it with the other leg.
   • Extend to walking sideways with slow steps alongside a bench or table.
4. Heel raise

- Helps with walking and climbing stairs
- With fingertips on something solid to help balance, lift both heels off the floor and stand on your toes for 3 seconds, then slowly lower your heels to the floor.
- Repeat 5 times.

5. Stepping up a step

- Improves stability on steps, paths and uneven surfaces
- Holding onto a rail, go up and down a single step.
- Repeat 5 times.

6. Sit to stand

- Helps with getting up and down from a chair or toilet, and in and out of the car
- Stand up slowly from a chair, keeping your knees slightly apart. To make it harder, cross your arms in front of your chest or hold them out in front of you at shoulder height.
- Then lower yourself back down into the chair.
- Repeat 5 times.
- If this is too strong for your knees, start off using a chair with armrests to push off from.
Staying active and on your feet

Many people don’t get enough calcium or vitamin D. Talk to your doctor about your calcium intake and Vitamin D level.

Eating healthy food in a balanced diet is very important to help you get the energy you need, maintain good health and have strong bones and muscles.

We all know what healthy food is — a wide range of fruit and vegetables, some protein sources such as meats, dairy and legumes / lentils, and not too much fatty or highly processed food. Drinking plenty of water is important, too.

As we age, our bones are susceptible to becoming fragile and breaking. For them to stay strong, they need:

• calcium
• vitamin D.

Calcium

Calcium is only stored in your bones, although it is essential for many different parts of the body, such as muscles and nerves.

If you don’t eat enough calcium, it will be taken from your bones to other parts of the body where it is needed. As we get older, we absorb less and less calcium from our food. This means we actually need to eat more calcium as we get older.

People who smoke, who drink a lot of caffeine and soft drinks, and who eat a lot of meat, absorb less calcium from their diet than others.

Milk, yoghurt, cheese, salmon, sardines, tahini, figs, almonds and brazil nuts are all good sources of calcium.

Bread, cereals, fruit and green vegetables such as broccoli and bok choy also have calcium, although not as much.
The following menu is an example of a typical day’s eating that would help you reach the recommended intake of calcium (1300 mg per day).

**Breakfast:** Toast or muesli plus a tub of low fat yoghurt

**Lunch:** Wholemeal sandwich with cheese, chicken and salad

**Dinner:** Pasta or rice with tinned salmon or tuna and vegetables such as peas, broccoli and carrots

Snacking on fresh or dried fruit, cheese, and nuts and a glass of milk/soy milk each day will make up the rest. Calcium-enriched breads, juice and milk can be good sources for additional calcium.

You get vitamin D in two ways — from your diet and from sunlight.

Vitamin D is only found in certain foods. These are:
- milk
- oily fish such as salmon and mackerel
- eggs.

Sunlight is another way of getting vitamin D. Sunlight acts on the skin and converts it to vitamin D. 6-8 minutes in summer and 13-16 minutes in winter is enough.

For more information about the importance of vitamin D visit: [www.osteoporosis.org.au/vitamin-d](http://www.osteoporosis.org.au/vitamin-d)

**Water**

Many people don’t drink enough water. Lack of water can lead to dehydration, weakness and dizziness, and is a common cause of older people falling and hurting themselves.

Drink at least 6 glasses of fluid a day, preferably water.

**Vitamin D and sunlight**

Vitamin D is very important for strong bones. Being low in vitamin D can affect your muscle strength and play a part in causing osteoporosis because without it calcium won’t be fully absorbed by your bones.
A number of health conditions can affect your ability to move around or make you feel unsteady on your feet. These conditions include arthritis, osteoporosis, diabetes, heart problems, breathing problems, depression, Parkinson’s disease and dementia.

These conditions may increase the risk of losing your balance, tripping and falling. Even short-term illnesses (such as the flu or other infections) can affect your stability.

Have regular check-ups and talk to your health professional for advice on how these conditions might affect you. You can also get advice on activities you can safely do to regain balance, strength and confidence.

**Mobility and walking aids**

A walking aid may help improve your safety and mobility.

If you think that this would benefit you, talk to a health professional such as a physiotherapist or occupational therapist. They will be able to suggest the most suitable aid for you and show you how to use the aid safely and confidently.

If you do use a walking aid at home, you might need to rearrange your furniture so that you can move around easily.
Eyesight

Our eyes change rapidly as we age, and it becomes more difficult to judge distances, cope with glare and adjust to sudden changes in light. This can affect your ability to see the edges of steps and stairs.

Bifocal, trifocal or multifocal glasses increase the chances of falling, as the changes in the lens can make it difficult to judge distances and to see uneven footpaths and the edges of steps and stairs.

Other eye conditions, such as macular degeneration, glaucoma, cataracts, and diabetic retinopathy, impair vision. They may require you to learn new skills to move around safely.

Have your eyes checked by an optometrist or ophthalmologist at least every two years, and by your doctor in the years between.

Consider having a separate pair of glasses for walking outdoors.

Give your eyes time to adjust to sudden changes in light, and ensure that you have good lighting at home and on stairs.

If you get new glasses or any treatment for your eyes, be especially careful. You will need to allow your eyesight time to adjust.

Footwear

Healthy feet and well-fitted footwear help reduce your chances of tripping and falling.

As we age, our feet can change shape and lose some feeling and flexibility. This changes the way we walk and affects balance. See your doctor or a podiatrist, if you have painful or swollen feet.

Keep your feet healthy by keeping nails trimmed and getting treatment for bunions, corns and calluses.

Safe Footwear

- Laces, buckles or velcro fastenings hold the foot more firmly.
- Wide and deep toe box allows plenty of room for toe movement and comfort.
- Correct length allows normal foot function.
- Thin sole with tread enables your feet to 'read' the underlying surface and prevents slipping.
- Low, wide heel with rounded edges provides more contact with the ground and prevents slipping.
- Firm heel cup provides support when walking.
Problems with incontinence (both urinary and faecal) may contribute to the risk of a fall by having to rush to the toilet. Incontinence may be due to poor bladder and bowel habits, or the weakening of muscles that support the internal organs including the bladder and bowel (pelvic floor muscles).

**Signs of a healthy bladder and bowel:**

- Urinating between 4-8 times a day, and once (or not at all) during the night
- Urine that is usually pale yellow – dark yellow or brown urine may indicate that you are not drinking enough (dehydration)
- Bladder telling you when it is full, but allowing enough time to get to the toilet without leaking
- Bowel movements up to three times a day or three times a week are normal
- Bowel motions should be soft yet well-formed.
Prevention of incontinence:

• To prevent urinary and faecal incontinence it is important that you:
  • Drink plenty of water
  • Eat a high-fibre diet
  • Are physically active
  • Practice good toilet habits
  • Make healthy lifestyle choices

What you can do:

Seek help from your doctor.

Check with your doctor if your medications are causing the problem.

Your doctor may refer you to a continence specialist: physiotherapist, nurse or doctor.

Cut back on caffeine and alcohol, especially before going to bed at night.

Ensure the path to the toilet is free from clutter, obstacles and slipping hazards.

Ensure that there is good lighting to the toilet. Use night lights for the route to the toilet at nights.

If the toilet is not nearby, place and use urinals or commode chairs close to the bed.
Some medicines—whether they are prescription medicines or those bought without prescription—can make you dizzy or drowsy. This can predispose you to falling over.

The medicines that make falls more likely include those for:

- anxiety
- depression
- sleeping difficulties.

People who take four or more medicines a day are at particularly high risk of falling.

Tips

- Make a list of every medicine you take, and take it with you when you go to see a doctor or pharmacist. This list should include any herbs, tablets or supplements you buy from a health food store or from the health food section of the supermarket, as well as any medicines you buy from a pharmacy.

Talk to your doctor about your current medications and whether there are any that could be discontinued.

For a list of questions you may like to ask your doctor or pharmacist visit the NPS MedicineWise website:

www.nps.org.au
• Ask your doctor to review this list thoroughly. Doing this every 6 months is a good idea if you take four or more medicines a day. Otherwise, once a year is enough.

• If you find it difficult to remember which medications you take and when to take them, ask your pharmacist or doctor about devices that may help such as pill boxes or Webster-paks®.

• If you feel dizzy or find it hard to concentrate, contact your doctor or pharmacist straight away.

• If you take anticoagulant medicines (blood-thinners), you should always see a doctor if you have a fall, as you may be at risk of severe injury and bleeding.

• Avoid sleeping tablets if possible.

• Only take your own medicines and don’t use someone else’s, even if they are for the same condition.
If you answer **Yes** to most of these questions, then you are doing well.

If you answer **No** or **Not always** or **Not sure** to more than one of the questions, then you may be at risk of a fall. You might like to discuss this checklist during your next appointment with a health professional.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>Not Always</th>
<th>No</th>
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<tbody>
<tr>
<td><strong>Staying active</strong></td>
<td></td>
<td></td>
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<tr>
<td>Do you engage in physical activity (e.g. walking, swimming or group exercise) for 30 minutes or more, most days of the week?</td>
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<tr>
<td>Do you include balance and strength activities such as dancing, Tai Chi, yoga or an exercise session provided by a health professional or a fitness instructor?</td>
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<tr>
<td><strong>Calcium, vitamin D and water</strong></td>
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<tr>
<td>Do you eat 3 healthy meals per day?</td>
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<tr>
<td>Do you eat at least 3–4 serves of high calcium foods (milk, yoghurt, cheese, almonds or salmon) per day?</td>
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<tr>
<td>Do you spend a little bit of time in the sun? (6–8 minutes, 4–6 times per week, is plenty.)</td>
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<tr>
<td>Do you drink 4–6 glasses of water (or other fluids) per day?</td>
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<tr>
<td><strong>Getting out and about</strong></td>
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<tr>
<td>Can you get out of a chair easily?</td>
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<tr>
<td>Do you feel steady when walking?</td>
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</table>
### Managing health conditions

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>Not Always</th>
<th>No</th>
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<tr>
<td>Does your current health allow you to confidently manage all your normal activities?</td>
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<tr>
<td>Can you stand up and move around without feeling light-headed, dizzy or faint?</td>
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<tr>
<td>Do you have good control of your bladder and bowel so that you can get to the toilet without rushing?</td>
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</table>

### Eyesight

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>Not Sure</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you had your eyes examined in the last 12 months?</td>
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</table>

### Feet

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>Not Always</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you had your feet checked for corns, bunions or other foot problems that may cause pain and may affect your balance?</td>
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</table>

### Medicines

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>Not Always</th>
<th>No</th>
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<tbody>
<tr>
<td>Have you had your medications reviewed by your doctor in the last 12 months?</td>
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</table>

### History of falling

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>Not Always</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td>Have you stayed on your feet (been free of falls) for at least the last 6 months?</td>
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</table>
It is important to have an emergency plan:

- know who to call for help — you could keep a list of the phone numbers of family or friends near the phone, or program them into the phone for one-touch dialling
- have a phone within reach on a low table, in case it is hard to get up
- protect yourself by considering whether you would want a device that raises an alarm in case of emergency
- let trusted family and friends know how to get into your house if you can’t let them in.

The following technique for getting up if you do fall is worth knowing. Firstly try not to panic and take your time. Make sure you are not injured before trying to move. If you have a personal alarm or phone close by use it to call for help.

1. Bend your knees and roll onto your side
If you can’t bend your knees very well, slide along on your bottom then lift your hips onto something higher, such as stairs. Then you can pull yourself upright again.

You might even like to practise these techniques so that if you ever need to get up from the floor, you will feel more confident.

You should see your doctor after a fall if:

- you are taking anticoagulant medicines
- you bump your head and feel drowsy or unwell afterwards
- you have a pain that concerns you
- you are worried about being unsteady, or falling again.
Staying physically active is the single most important thing we can do to stay well and independent.

18

Staying active and on your feet

About half of all falls occur in and around the home. You can reduce your chances of having a fall at home by making sure that you have followed some basic home safety guidelines.

This checklist will help you identify aspects of your home that might increase your risk of a fall. Walk around each room and check that there is nothing that might pose a risk. For small safety improvements, see if a family member, friend or local handyperson can help you fix the problem. A health professional can also arrange for an occupational therapist to perform a home safety assessment and arrange for installation of home modifications.

The Australian Government’s My Aged Care phone line and website can help you to access services and find information. You may be eligible for home modifications and equipment like walking aids. www.myagedcare.gov.au or 1800 200 422.

<table>
<thead>
<tr>
<th>Entrance and hallway</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Light switches easy to reach and near each doorway or hallway</td>
<td></td>
<td></td>
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<tr>
<td>Doorbell easy to hear from other rooms</td>
<td></td>
<td></td>
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<tr>
<td>Rugs or mats with slip-resistant backing</td>
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<td></td>
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<table>
<thead>
<tr>
<th>Stairs and steps</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Light switch at both the top and bottom of stairways</td>
<td></td>
<td></td>
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<tr>
<td>Stairs and steps well lit</td>
<td></td>
<td></td>
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<tr>
<td>Carpets or runners securely fixed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sturdy handrail</td>
<td></td>
<td></td>
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<tr>
<td>Edges of steps clearly marked</td>
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<tr>
<td>Non-skid treads or paint used on the edges of each step</td>
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<thead>
<tr>
<th>Kitchen</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Regularly used items within easy reach without climbing or bending</td>
<td></td>
<td></td>
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<tr>
<td>Good lighting over benchtops and other work areas</td>
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<td></td>
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<tr>
<td>Good ventilation to reduce the risk of glasses fogging</td>
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<tr>
<td>Floor surfaces slip resistant</td>
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<tr>
<td>Spills cleaned up straight away</td>
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<tr>
<td>Sturdy low step stool with handrail if need to use higher shelves</td>
<td></td>
<td></td>
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<tr>
<td><strong>Lounge / Dining room</strong></td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Good light (natural or artificial)</td>
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<tr>
<td>Carpets and mats lie flat without wrinkles, curled or frayed edges</td>
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<td></td>
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<tr>
<td>Furniture arranged so that it is easy to walk around</td>
<td></td>
<td></td>
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<tr>
<td>Cords and cables safely away from walkways</td>
<td></td>
<td></td>
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<tr>
<td>Lounge chair easy to get out of</td>
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<tr>
<td>Telephone within easy reach</td>
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**Bedroom**

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Bed easy to get in and out of</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bedside light easy to switch on when in bed</td>
<td></td>
<td></td>
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<tr>
<td>Consider nights lights or motion sensor lights</td>
<td></td>
<td></td>
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<tr>
<td>Telephone within easy reach when in bed</td>
<td></td>
<td></td>
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<tr>
<td>Bedside table for drink, books, glasses</td>
<td></td>
<td></td>
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<tr>
<td>Bed coverings clear of the floor</td>
<td></td>
<td></td>
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<tr>
<td>Cords and cables safely away from walkways</td>
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<tr>
<td>Walking aid (if required) within easy reach of the bed</td>
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**Bathroom and toilet**

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<tr>
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<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slip-resistant mats on the floor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shower easy to access without stepping over a raised edge or hob</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Secure handrail in shower or on wall next to bath to avoid holding on to taps or towel rail to get out</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soap and shampoo within easy reach without bending</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Towel rail within easy reach from bath or shower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Handrail next to toilet</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Outside the home**

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paths and entrances well lit at night</td>
<td></td>
<td></td>
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<tr>
<td>Paths in good repair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steps with a sturdy, easy-to-grip handrail</td>
<td></td>
<td></td>
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<tr>
<td>Edges of steps clearly marked and with slip-resistant strip</td>
<td></td>
<td></td>
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<tr>
<td>Stepladder short and sturdy with slip-resistant feet</td>
<td></td>
<td></td>
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<tr>
<td>Clothes line easy to access and reach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garden kept free of trip hazards, such as tools and hoses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garage / shed uncluttered and floors free of oil and grease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Footpaths and public areas in good repair</td>
<td></td>
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</tr>
</tbody>
</table>
Fall-proof yourself

Q. Are you active and on your feet?
Being physically active is important to stay well, independent and to do everyday tasks.

Q. Is your vision changing?
As we grow older our vision changes. We do not see as clearly, are less able to judge distance and depth, and adjust to sudden changes in light.

Q. Are you taking medications?
Some medicines can increase your risk of falls, especially those taken for anxiety, depression or difficulty sleeping. Medication may make you feel drowsy, unsteady, dizzy or confused.

Q. Are your feet sore?
Feet can change shape and lose some feeling. Painful and swollen feet make it difficult to walk and some shoes or slippers may cause you to stumble or trip.

Q. Are you deficient in Vitamin D?
Being deficient in Vitamin D can affect your bone and muscle strength as this vitamin helps our bodies to absorb calcium from food.

Do balance and strength exercises
Have your eyes checked
Talk to your doctor
Have your feet checked and wear comfortable, firm-fitting, flat shoes
Talk to your doctor
Visit www.osteoporosis.org.au
Useful contacts

AUSTRALIAN GOVERNMENT

Eat for Health
eatforhealth.gov.au

Healthdirect Australia
www.healthdirect.gov.au
Ph: 1800 022 222
Free 24-hour telephone health advice service line staffed by registered nurses to provide expert health advice.

My Aged Care
Ph: 1800 200 422
If you need an interpreter ring 131 450 and ask for 1800 200 422

Veterans Affairs
www.dva.gov.au
Ph: 13 32 54 or 1800 555 254
Offers support and services for people eligible for assistance.

NSW GOVERNMENT

Aboriginal Home Care Service
Ph: 1300 797 606

Active & Healthy website
This website provides information about where to find a strength and balance program in your local area and information about remaining independent.

Agency for Clinical Innovation
Information on aged health, pain management, chronic disease and musculoskeletal issues.

CEC Falls Prevention Program
Email: CEC-FALLS@health.nsw.gov.au
Falls prevention information including flyers for patients/families and carers.

Department of Social Services
Ph: 1800 836 799
The Australian Government Department of Social Services administer the Commonwealth Home Support Programme. The programme provides entry-level home support for older people who need assistance to keep living independently.

Family & Community Services
Office for Ageing
www.ageing.nsw.gov.au

Get Healthy Information and Coaching Service
www.gethealthynsw.com.au
Ph: 1300 806 258

Home Care Service
Hunter/Central Coast and rural regions
Ph: 1300 881 144

Home Care Service
Sydney Metropolitan Area
Ph: 1800 350 792

Home Modification
Information Clearinghouse
www.homemods.info
Ph: 1800 305 486
Provides a range of consumer factsheets and information on home maintenance and modifications.

Make Healthy Normal
Ph: 02 9391 9000

NSW Falls Prevention Network
http://fallsnetwork.neura.edu.au
Information on healthy ageing for consumers and health professionals.

NSW Health
www.health.nsw.gov.au
Ph: 02 9391 9000
Provides information and links to public health services within NSW, and access to health professionals such as community nurses, dentists, dieticians, doctors, occupational therapists, optometrists, pharmacists, physiotherapists, podiatrists and psychologists etc.

NSW Seniors Card
www.seniorscard.nsw.gov.au
Ph: 13 77 88

Transport NSW
www.transportnsw.info
Ph: 131 500
Information and links to tickets and Opal card and concessions for seniors.
Staying physically active is the single most important thing we can do to stay well and independent.

**Useful contacts**

**COMMUNITY ORGANISATIONS**

- **Arthritis & Osteoporosis NSW**  
  www.arthritisnsw.org.au  
  Ph: 1800 011 041 (free call in NSW)

- **Assistive Technology Australia**  
  www.ilcaustralia.org.au  
  Ph: 1300 452 679 (Infoline)  
  Ph: 02 9912 5800 (Reception)

- **Australian Academy of Tai Chi and Qigong**  
  www.livingchi.com.au  
  Ph: 02 9797 9355

- **Australian Association of Social Workers**  
  www.aasw.asn.au  
  Ph: 02 9518 4944

- **Australian Physiotherapy Association**  
  www.physiotherapy.asn.au  
  Ph: 02 8748 1555

- **Australasian Podiatry Council**  
  www.apodc.com.au  
  Ph: 03 9416 3111

- **Australian Psychological Society**  
  www.psychology.org.au  
  Ph: 1800 333 497

- **Beyond Blue**  
  Ph: 1300 22 4636

- **Black Dog Institute**  
  www.guidedogs.com.au  
  Ph: 02 9412 9300

- **Carers NSW**  
  www.carersnsw.org.au  
  Ph: 1800 242 636 (free call)  
  9am to 5pm  
  After hours service:  
  Call Lifeline 13 11 14

- **Continence Foundation of Australia**  
  www.continence.org.au  
  Ph: 1800 330 066

- **Continence Foundation of Australia in NSW Inc**  
  Ph: 02 8741 5699

- **COTA (Council on the Ageing) NSW**  
  www.cotansw.com.au  
  Ph: 02 9286 3860 or 1800 449 102

- **Dementia Australia**  
  www.dementia.org.au  
  Ph: 1800 100 500 (national dementia helpline)

- **Dementia Australia NSW**  
  Ph: 02 9805 0100

- **Diabetes NSW**  
  www.diabetesnsw.com.au  
  Ph: 1300 342 238

- **Dietitians Association of Australia**  
  www.daa.asn.au  
  Ph: 02 6189 1200 or 1800 812 942

- **Exercise & Sports Science Australia**  
  https://www.essa.org.au/

- **Fitness Australia**  
  www.fitness.org.au  
  Ph: 1300 211 311

- **Guide Dogs NSW / ACT**  
  www.guidedogs.com.au  
  Ph: 02 9412 9300

- **Heartmoves**  
  www.heartmoves.org.au

- **Heart Foundation**  
  www.heartfoundation.org.au  
  Ph: 13 11 12

- **Heart Foundation, Falls, Balance and Injury Research Centre**  

- **MS Australia**  
  Ph: 1300 010 158

- **NPS MedicineWise**  
  www.nps.org.au  
  Ph: 1300 633 424 (Medicines Line)  
  9am to 5pm

- **NSW Meals on Wheels**  
  www.nswmealsonwheels.org.au  
  Ph: 02 8219 4200

- **Nutrition Society of Australia (Inc.)**  
  www.nsa.asn.au  
  Ph: 9431 8655 (Sydney committee)

- **Occupational Therapy Australia**  
  Ph: 02 9648 3225

- **Optometrists’ Association Australia**  
  www.optometry.org.au  
  Ph: 02 9712 2199

- **Osteoporosis Australia**  
  www.osteoporosis.org.au  
  Ph: 02 9518 8140  
  Ph: 1800 242 141

- **Macular Disease Foundation**  
  www.mdfoundation.com.au  
  Ph: 1800 111 709 (help line)

- **Beyond Blue**  

- **Heart Foundation**  
  www.heartfoundation.org.au  
  Ph: 13 11 12

- **Heart Foundation, Falls, Balance and Injury Research Centre**  

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  www.nps.org.au  
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  www.mdfoundation.com.au  
  Ph: 1800 111 709 (help line)
Staying active and on your feet

Parkinson’s NSW
Ph: 1800 644 189

Pharmaceutical Society of Australia
www.psa.org.au
Ph: 1300 369 772

Poisons Information Centre
24 hour telephone advice line
Ph: 13 11 26

Royal Society for the Blind
http://www.rsb.org.au/
NSW Ph: (02) 4956 2282
ACT Ph: (02) 6247 4580
SA Ph: (08) 8417 5599

Seniors Card
www.seniorscard.nsw.gov.au
Ph: 13 77 88

Speech Pathology Australia
www.speechpathologyaustralia.org.au
Ph: 1300 368 835

Tai Chi Association of Australia
www.taichiaustralia.com

Vision Australia
www.visionaustralia.org
Ph: 1300 847 466

Your health link
Health information the right way
yourhealthlink.health.nsw.gov.au/resource_type/seniors/
Staying physically active is the single most important thing we can do to stay well and independent.


Commonwealth of Australia, *Don’t fall for it. Falls can be prevented!: A guide to preventing falls for older people*, Department of Health and Ageing, 2008.


Staying active and on your feet
Staying active and on your feet

Keeping physically active is the single most important thing you can do to stay fit and independent.

For more information please visit
www.activeandhealthy.nsw.gov.au