



# STAND UP TO FALLS

01

## LOOK AFTER YOUR EYES

- Make the most of your free eye test
- Get an eye test every 2 years
- Clean your glasses regularly



## LOOK AFTER YOUR HEARING

- If you notice a change, speak to your GP!

02

03

## LOOK AFTER YOUR FEET

- Don't ignore pain, calluses, long toenails or poor circulation



## WEAR THE RIGHT SHOES

- Wear shoes and slippers that fit properly

04

05

## STRENGTHEN YOUR BONES

- Eat a balanced diet rich in calcium
- Carry your shopping bags
- Go out walking
- Go outside for some Vitamin D



## KEEP SAFE FROM TRIPS AND FALLS AT HOME

- Avoid poor lighting, loose rugs, cables and clutter
- Take your time when answering the phone or doorbell
- Use your walking aid
- Have a light on and wear your slippers and glasses if you wake during the night

06

