

Stand Up to Falls 2022



Around 1/3 of older people will experience a fall at least once a year. This can really affect confidence even if unharmed.

It's important to keep active and continue to do the things you enjoy as well as staying connected with the people who are most important to you.

We want to make sure that you can do these things by providing you with a few tips to reduce the chances of a fall

- **Take your time when answering the door or phone**
- **Always use your walking aid if you have one**
- **Always keep one hand free, try not to carry too much at once**
- **Ensure there is adequate lighting at home**
- **Clear away loose rugs, trailing cables and clutter on floors and stairs**

LOOK AFTER YOUR...

- **EYES:** Make use of your free eye test and if you wear glasses, keep them clean
- **EARS:** Changes in your hearing can be disorientating. Speak to your GP if you have concerns
- **FEET:** Wear correctly fitting footwear (this includes slippers) and speak to a chiropodist if you have any pain, calluses, long toenails or poor circulation. All of these factors can make you feel unsteady on your feet.

Weight-bearing exercise like walking or carrying your shopping maintains overall strength.

If you would like more information on exercising at home or information about classes with Sport Aberdeen's experienced instructors, contact them on 01224 507701 or activelifestyles@sportaberdeen.co.uk