Falls Prevention Resource

Resources are suitable for patients in hospital, community clients and RACF independent living residents



DL Brochure

n't fall Keep physically eyesight, hearing and feet Review your medications with your doctor & pharmacist • Wear well fitting shoes and slippers with non-slip soles • Keep your home free from hazards Use the correct walking aid for your needs Be aware of falls hazards when out and about

Bookmark

Prevent a Fall

- Have bright lighting use maximum recommended wattage in all lights
- Install a nightlight in your bedroom or hallway
- Have hand rails installed on your stairs
- Consider installation of hand rails and shower aids in your bathroom
- Wear well fitting shoes or slippers, with a non-slip sole
- Use the correct walking aid for your needs
- Review your medications with your Doctor & Pharmacist
- Have regular health checks eg. eyesight, hearing and feet
- Manage chronic health conditions to reduce risk of a fall
- Do regular exercise to maintain balance and muscle strength



Magnet

Further Information: HEALTHY LIFESTYLE

Northern Sydney & **Central Coast Health Promotion Service**

Phone (02) 8877 5327 (W, Th, F) 8877 5300

Email

Clawrens@nsccahs.health.nsw.gov.au

Prevent a Fall at Home-Fridge Magnet

Don't fall for it (at home) -Bookmark

Choose the Right Shoes -**Brochure**

11 top tips for making the home environment safer for older people to help prevent falls.

Measurements are 10 x 20cms and the font size is kind to

A handy bookmark with 7 key tips for enhancing the safety of an older person to prevent falls.

Measurements 5 x 18cms

DL (3 panel) brochure with simple hints for choosing safe shoes to help prevent a fall, as well as tips on foot care and shoe shopping.

NSW Falls Prevention Program, Northern Sydney and Central Coast, & Northern Sydney and Central Coast Health Promotion Service



Order Form	ABN 48 344 669 728	TAX INVOICE	GST included in Price
Name	Company/Organisat	Company/Organisation:	
Address	Suburb	Suburb	
Telephone	Fax		D (0.11 III

No. Pkts **Falls Resource** Price per Pkt Total Choose the Right Shoes Brochure (pkt 100) \$7.00 \$ \$ Don't Fall for it (at home) Bookmark (pkt 200) \$10.00 \$ Prevent a Fall at Home Magnet (pkt 100) \$32.00 \$ **Postage**

Postage & Handling Within 50km Sydney

• \$9.00

Credit Card:

Outside 50km Sydney

- \$11.00 3 items or less
- \$17.00 4 to 12 items

(Prices subject to variation for larger orders, please ring for prices)

Orders can also be collected from Health Promotion Unit, 1st Floor, The Lodge, Macquarie Hospital, Cnr Twin & Badajoz Rds, North Ryde

Mastercard □

Visa Card

Pay Cheques/Money Orders to:

Northern Sydney Central Coast Health

post to: Healthy Lifestyle, Chris Lawrenson, Locked Bag 2220, North Ryde NSW 1670 OR

Fax form with CREDIT CARD details to (02) 8877 5339

Expiry Date:

Total

Cardholders Name (printed): Cardholders Signature: