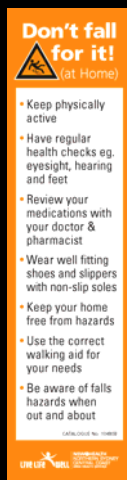


Falls Prevention Resources

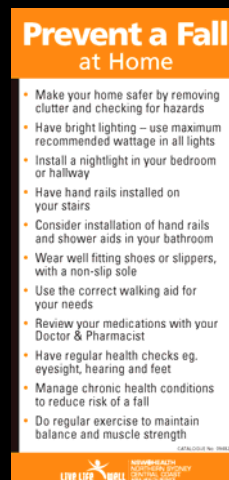
Resources are suitable for patients in hospital, community clients and RACF independent living residents



DL Brochure



Bookmark



Magnet

Further Information:

HEALTHY LIFESTYLE

Northern Sydney & Central Coast Health Promotion Service

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

Email
Clawrens@nscchs.health.nsw.gov.au

Prevent a Fall at Home— Fridge Magnet

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

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

A handy bookmark with 7 key tips for enhancing the safety of an older person to prevent falls. Measurements 5 x 18cms

Choose the Right Shoes - Brochure

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/Organisation: _____

Address _____ Suburb _____ Post Code _____

Telephone _____ Fax _____

Postage & Handling
Within 50km Sydney

• \$9.00

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

Falls Resource	No. Pkts	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	\$
		Total	\$

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

Credit Card:

Mastercard

Visa Card

Expiry Date: [][] / [][] / [][]

Cardholders Name (printed): Cardholders Signature: