## Falls Prevention Resources

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

### Order Form

<table>
<thead>
<tr>
<th>Falls Resource</th>
<th>No. Pkts</th>
<th>Price per Pkt</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose the Right Shoes Brochure (pkt 100)</td>
<td></td>
<td>$7.00</td>
<td></td>
</tr>
<tr>
<td>Don’t Fall for it (at home) Bookmark</td>
<td></td>
<td>$10.00</td>
<td></td>
</tr>
<tr>
<td>Prevent a Fall at Home Magnet (pkt 100)</td>
<td></td>
<td>$32.00</td>
<td></td>
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Pay Cheques/Money Orders to: 
Northern Sydney Local Health District
post to: Healthy Lifestyle, Locked Bag 2220, North Ryde NSW 1670 OR
Fax form with CREDIT CARD details to (02) 8877 5339

### Further Information:

**HEALTHY LIFESTYLE**
Northern Sydney Local Health District
Phone (02) 8877 5300
Email Margaret.Armstrong@health.nsw.gov.au
Website: www.nshealthpromotion.com.au

**NSW Falls Prevention Program,**
Northern Sydney Local Health District, Health Promotion Service 
& Central Coast Health Local Health District Health Promotion Service

### Fall Prevention Resources

- **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 & the font size is kind to older eyes.

- **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.

- **Preventing a Fall in Hospital Brochure**
  - DL (3 panel) brochure with simple hints for patients and carers to help prevent falling while in hospital.

- **Paediatric Preventing a Fall in Hospital Brochure**
  - DL (3 panel) brochure with simple hints for parents and family to help prevent kids falling while in hospital

- **Non Slip Socks Brochure**
  - DL (3 panel) brochure with simple hints for patients and carers on the use and care of non slip socks to help prevent falling while in hospital.

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<th>Name</th>
<th>Company/Organisation</th>
<th>Address</th>
<th>Suburb</th>
<th>Post Code</th>
<th>Telephone</th>
<th>Fax</th>
<th>Email</th>
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Postage & Handling
**Within 50km Sydney**
- $10.00

**Outside 50km Sydney**
- $13.00 - 3 items or less
- $21.00 - 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, Cor Twin & Badajoz Rds, North Ryde

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**Credit Card:**

- Mastercard
- Visa Card

**Expiry Date:**

**CCV No.**

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Cardholders Name (printed)…………………………… Cardholders Signature……………………………..