### 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.

### 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 are 5 x 18cms.

### 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.

### 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>Preventing a Fall in Hospital brochure (pkt 100)</td>
<td></td>
<td>$7.00</td>
<td>$</td>
</tr>
<tr>
<td>Paediatric Preventing a Fall in Hospital brochure (pkt 100)</td>
<td></td>
<td>$7.00</td>
<td>$</td>
</tr>
<tr>
<td>Non Slip Socks brochure (pkt 100)</td>
<td></td>
<td>$7.00</td>
<td>$</td>
</tr>
<tr>
<td>Don’t fall for it (at home) Bookmark (pkt 200)</td>
<td></td>
<td>$10.00</td>
<td>$</td>
</tr>
<tr>
<td>Prevent a Fall at Home Fridge Magnet (pkt 100)</td>
<td></td>
<td>$32.00</td>
<td>$</td>
</tr>
</tbody>
</table>

**Postage & Handling**
- **Within 50km of Sydney** = $10
- **Outside 50 km of Sydney**
  - = $13 for 3 items or less
  - = $21 for 4 items to 12 items
- Prices vary for larger orders. Please phone (02) 8877 5321 for prices.

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

**Credit Card:**
- Mastercard
- Visa

**Further Information:**
- Health Promotion Northern Sydney Local Health District
- Phone: (02) 8877 5321
- Email: kerry.mcgaw@health.nsw.gov.au
- Website: www.nshealthpromotion.com

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**DFS Fall Prevention Resources**

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