



Better Balance for Fall Prevention

Tips for preventing falls during and after your hospital stay:

- Ask your care team how you can move around safely.
- Ask for help to walk and go to the toilet if you are feeling unsteady, drowsy or unsafe.
- To reduce light-headedness, pause between each position – lying to sitting, sitting to standing.
- When you get home, it's important to be as active as possible.
- Exercise can be done in a couple of 10 minute sessions throughout the day, getting outdoors whenever possible.

IT'S NEVER TOO LATE TO GET ACTIVE AND HEALTHY

It is recommended that all adults (regardless of age, health or ability) are physically active most days. This should include exercise that improve strength and challenge balance. Exercising with other people can help you stay connected, motivated and have fun!

Start slow and build up gradually. Every bit helps.

For local or online balance and strength programs visit: www.activeandhealthy.nsw.gov.au

For further support visit: www.beyondblue.org.au