



Did you know exercise can reduce falls by 23% in older people?

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 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 a day.

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.

Simple balance and strength exercises done regularly can improve muscle strength and recovery.

Start slow and build up gradually. Every bit helps.