NSW Fall Prevention & Healthy Ageing Network

APRIL FALLS

Falls Prevention is Everyone's Business

WORKING TOGETHER FOR YOUR SAFETY IS

OUR NUMBER ONE PRIORITY

Tips to keep you safe in your hospital stay:

- When you are sick, in hospital you are at a higher risk of falling.
- Ask for help to walk and go to the toilet if feeling unsteady, dizzy or you have been advised by the ward staff.
- Use glasses and walking aids if needed and ask for your personal items to be in reach.
- Family, carers &/or friends - please let the ward staff know if you are concerned about the patient's change in behaviour or medical condition.

Your safety in hospital is important to us

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