



Falls Prevention is Everyone's Business

WORKING TOGETHER FOR YOUR SAFETY IS OUR NUMBER ONE PRIORITY

- Be involved in your Fall Prevention Plans.
 - Work with the team around you to reduce your risk of falls.
 - Help your team understand and respect your care needs.
 - Communicate with your team if you are not feeling yourself.
 - Take the time you need to complete tasks and move around.
- **Tips for safe activity:**
 - Call for assistance if needed for walking and going to the bathroom.
 - Use your glasses and walking aid if required.
 - To prevent light headedness, pause when changing positions - lying to sitting, sitting to standing.
 - Regularly drink fluids, eat a wide variety of foods and wear safe footwear.
 - Participate in group activities and follow your individualised exercise plan to help your strength and balance.
 - Have regular medication checks.

Keep moving and enjoy life!