



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!