

Falls

Falling over can be very bad for older people



What can happen if I fall?

If older people fall they can:

- Bruise or cut themselves
- Break bones
- No longer be able to look after themselves
- Even have to move to an old people's home

Older people might fall because they:

- Have diabetes, high blood pressure or other health problems
- Are dizzy because they are not drinking enough water or eating properly, or because of their medicines
- Are confused or have dementia
- Have bad eyesight
- Have feet problems or the wrong type of shoes
- Drink too much grog



What can I do so I don't fall?

Things that can help:

- Seeing a doctor or health worker to check health and medicines
- Simple exercises—speak to a physiotherapist
- Eating properly and drinking enough water
- A podiatrist can help with foot problems and getting the right shoes
- An occupational therapist can help to make sure their house is safe—like that there aren't things to trip over and the light is bright enough
- A physiotherapist can help decide if a walking stick or walking frame is needed



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