

Tips to prevent trips and falls

Whatever your age, there are many things that you can do to reduce the risk of falling.

1 Stay as active as possible in day-to-day life

Exercise like Tai Chi and dancing can help your strength and balance and make falls less likely. Try to avoid sitting for long periods of time.

2 Look after your eyes

Get your eyes and prescription glasses checked every two years (or yearly if aged 70+) and remember to clean your glasses regularly.

3 Look after your hearing

Problems with your hearing can affect your balance. If you notice a change, get it checked as soon as possible.

4 Look after your feet

Wear shoes or slippers that fit you well. If you have pain or discomfort, speak to your GP or a local podiatrist.

5 Manage your medication

Some medicines have side effects that can affect your balance. Talk to your GP or pharmacist if you feel faint, dizzy or drowsy.

6 Look after your bones

Eat a well-balanced diet that includes plenty of calcium. Vitamin D is also important and your GP can check if you're getting the right amount.

7 Check your home for hazards

Check your home for things that could cause a trip or fall, such as low beds and chairs, poor lighting, clutter, trailing cables or loose rugs.

8 Tell someone

If you have a fall, tell your GP or other health or social care professional. They can support you and help reduce your chances of falling again.

For further information or to order a copy of *Up and about: Taking positive steps to avoid trips and falls*, call Age Scotland on 0845 125 9732 or email NHS Health Scotland on nhs.healthscotland-publications@nhs.net

