



CATCH THEM BEFORE THEY FALL

Six steps to staying on your feet:

Regular exercise Exercise can help reduce the risk of falling. Reduce the time spent sitting and take regular walks in the garden or the street to improve muscle strength.

Check your eyesight and hearing Keep your eyes healthy. Avoid smoking; smoking can increase the risk of cataracts.

Ask about your medicines It is important to review your medication regularly. Low blood pressure and your controlled diabetes can cause you to feel dizzy or faint.

Look after your feet Wash your feet daily to help prevent infection. Keep your feet clean and dry.

Check your home for trip hazards Remove clutter from around the home, the stairs, and in the hallway. Do not wear trailing clothes that might trip you up.

Visit your GP if you have had a fall If you have fallen, visit your GP. They can help prevent any future falls.

For more information on falls prevention, visit www.lutonccg.nhs.uk or www.lutonccg.com/foh or www.nhs.uk/foh or www.nhs.uk/foh



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We all stumble or trip sometimes, but fear of falling can be a serious worry. Worry in this way isn't unusual but it can lead to anxiety, isolation or depression.

See overleaf for our six steps to staying on your feet

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Pick up a free leaflet with guidance on preventing falls