










**Ten steps to help you stay steady:** Follow the ten steps to help you stay steady and reduce your risk of falling

<b>1</b>	<b>Help to avoid falls at home</b>	<p><i>Some tips for preventing falls in the home include:</i></p> <ul style="list-style-type: none"> <li>• Mop up spillages straight away.</li> <li>• Remove clutter, trailing wires and frayed carpets and rugs.</li> <li>• Keep your home well lit so you can see clearly, particularly on the stairs.</li> <li>• If you need to get up during the night, take your time and switch on a light or use a torch.</li> <li>• Ask Lifeline about special equipment available which may help you to live independently in your own home.</li> </ul> <p><b>Further information and support</b>   Lifeline: 01377 256264</p>	
<b>2</b>	<b>Be active</b>	<p><i>Keeping active plays an important role helping to prevent falls.</i></p> <ul style="list-style-type: none"> <li>• Aim to do at least 30 minutes of exercise per day.</li> <li>• Focus on activities that include strength, balance and flexibility like walking, cycling or chair based exercises.</li> <li>• Choose activities you enjoy as you will be more likely to stick to them.</li> </ul> <p><b>Further information and support</b>   Health Trainers: 0800 9177752 or your local Leisure Centre</p>	
<b>3</b>	<b>Eat well</b>	<p><i>Nutritious foods and an active lifestyle can help achieve good health for life.</i></p> <ul style="list-style-type: none"> <li>• Eat at least three meals per day, with plenty of fruit and vegetables.</li> <li>• Add sunshine to your life to maximise your vitamin D, but always remember to wear sun protection if you are out in the sun for a long time.</li> <li>• Drink plenty of water to keep you hydrated.</li> </ul> <p><b>Further information and support</b>   Health Trainers: 0800 9177752</p>	
<b>4</b>	<b>Manage your alcohol intake</b>	<p><i>Alcohol may cause problems which can result in a fall.</i></p> <ul style="list-style-type: none"> <li>• If you drink alcohol it is important to check that it doesn't interact with your medication.</li> <li>• Alcohol can add to your risk of falling by affecting your alertness, judgement, physical co-ordination and reaction time.</li> <li>• It is important to drink within the recommended guidelines (no more than 3-4 units per day for a man and no more than 2-3 units per day for a woman).</li> </ul> <p><b>Further information and support</b>   Health Trainers: 0800 9177752</p>	
<b>5</b>	<b>Manage your medication</b>	<p><i>Taking four or more medications has been found to increase the risk of falling and not taking your medication can also place you at risk.</i></p> <ul style="list-style-type: none"> <li>• Keep an up to date list of the medicines you take.</li> <li>• Have your medication reviewed annually by your GP or pharmacist.</li> </ul> <p><b>Further information and support</b>   Contact your local pharmacist</p>	
<b>6</b>	<b>Manage your vision</b>	<p><i>Your vision plays an important part in your sense of balance and movement.</i></p> <ul style="list-style-type: none"> <li>• Have your eyes checked every two years, and every year if you are over 70.</li> <li>• Make sure you wear your glasses if you need them.</li> <li>• Make sure your glasses are clean and well fitted.</li> </ul> <p><b>Further information and support</b>   Contact your local optician</p>	
<b>7</b>	<b>Look after your feet</b>	<p><i>Good foot health is essential to your quality of life:</i></p> <ul style="list-style-type: none"> <li>• Check your feet regularly for changes and/or breaks in the skin.</li> <li>• Do simple exercises to keep your feet and ankles supple.</li> <li>• Wear well-fitting slippers that fully enclose the foot.</li> <li>• Wear rubber soled shoes as they are less slippery than leather or foam soles.</li> </ul> <p><b>Further information and support</b>   Contact your local registered Chiropodist or Podiatrist</p>	
<b>8</b>	<b>Keep Warm</b>	<p><i>A cold home affects your mobility, increases your risk of falls and worsens the symptoms of arthritis.</i></p> <ul style="list-style-type: none"> <li>• Keep your living room warm- at least 21degrees centigrade.</li> <li>• Keep supple – indoor exercises can help prevent you falling.</li> <li>• Know your limits. If you feel tired, don't go out in the cold, ice or snow.</li> </ul> <p><b>Further information and support</b>   Health through warmth: 01482 396278</p>	
<b>9</b>	<b>Keep Cool</b>	<p><i>Keeping cool when the weather gets warmer can help reduce the risk of falls.</i></p> <ul style="list-style-type: none"> <li>• Keep hydrated by drinking plenty of water.</li> <li>• Stay out of the sun when it is at its hottest and wear lightweight, loose fitting clothing.</li> <li>• Keep your home cool by drawing curtains to keep out the sun and use a fan.</li> </ul>	
<b>10</b>	<b>Osteoporosis</b>	<p><i>Good bone health is important to prevent the bone disease Osteoporosis.</i></p> <ul style="list-style-type: none"> <li>• Osteoporosis causes weak bones and occurs because we do not absorb vitamin D as easily as we age.</li> <li>• If you are older or you don't feel you get enough sunlight to absorb good levels of vitamin D, take a daily vitamin D supplement.</li> </ul>	