

## How to fall-proof yourself

### Are you getting enough exercise?

Being physically active helps you maintain healthy bones and stay on your feet.

**Do regular exercise most days of the week**

### Are you deficient in calcium and vitamin D?

The lack of calcium and vitamin D can lead to fragile, brittle bones (osteoporosis) and poor muscle strength.

**Talk to your doctor and visit [www.osteoporosis.org.au](http://www.osteoporosis.org.au)**

### Is your vision changing?

Are you seeing clearly, less able to judge distance and depth and adjusting to sudden changes in light and dark? Poor vision increases your risk of falling.

**Have your eyes checked**

### Are you taking medications?

Feeling drowsy, unsteady, dizzy or confused? Some medications can increase your risk of falls, especially those for anxiety, depression or difficulty sleeping.

**Talk to your doctor**

### Are your feet sore?

Feet can change shape and loose feeling. Painful and swollen feet make it difficult to walk and some shoes or slippers may cause you to stumble or trip.

**Have your feet checked and wear comfortable, firm-fitting, flat shoes**

For further information scan this with your smart phone



Email: [falls@cec.health.nsw.gov.au](mailto:falls@cec.health.nsw.gov.au)  
Web: [www.cec.health.nsw.gov.au](http://www.cec.health.nsw.gov.au)

