

Stay Safe. Communicate.

APRIL FALLS DAY[®]

The key to safety is communication. Communicate every change, every time.

To stay safe in your home talk to your health professional if you or a loved one start to notice any of the following:

- *Feeling unsafe on your feet*
- *Becoming more forgetful*
- *Medication side effects e.g. dizzy, nausea*
- *Eyesight changes (during the day or night)*
- *Unintentional weight loss*
- *Increased foot pain*
- *Not coping at home e.g. cleaning, cooking*



For an exercise class with strength and balance exercises in your area please visit: www.activeandhealthy.nsw.gov.au

