

Spring into Action

Being active can reduce falls risk

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Spring into Action

across northern Sydney this September!



Spring is a great time to encourage everyone, particularly older adults, to get active and take action to prevent a fall. The warmer weather and longer days make it easier to get outside and move around.

This week:

- Visit the Clinical Excellence Commission (CEC) website to download the updated Mobility Aids, and existing Assistive Equipment information sheets.
 - [Home Assistive Equipment](#)
 - [Falls Prevention Flyers for patients, carers and family](#)
- These can be used by clinicians, carers and consumers.

NSLHD Population Health Promotion & NSLHD Fall Prevention Committees would love to hear about any activities you do to help reduce falls risk in September, so let us know and send photos! Let's see a field of joyful 'sunflowers' across services and use yellow (or Falls Prevention orange) as your colour of choice for any activities.

For information & resources visit:

>[Spring Into Action](#)

