

# STEADY ON YOUR FEET



Information and Advice



# Falls

If you experience a fall, it's important to consult your GP or a health professional. This will help identify potential causes and receive appropriate care.

## Gathering Information About Falls

The more details you can recall about a fall, the easier it is to pinpoint a cause. Take some time to reflect on the following aspects:

- **When it happened:** Note the time of day and your activities leading up to the fall. Was there anything specific you were doing at that moment?
- **How it happened:** Try to remember whether it was a loss of balance, tripping on an object, feeling dizzy, or experiencing a blackout. These details can provide valuable insights.
- **Where it happened:** Consider the location of the fall. Are there any potential trip hazards that can be addressed? Has a fall occurred in the same place before, and if so, why?

## Multiple Risk Factors

Falls often result from a combination of risk factors, many of which can be mitigated with simple preventive measures. Common contributors to falls include:

- **Muscle weakness:** Strengthening exercises can improve muscle tone and stability.
- **Poor balance:** Balance exercises can help enhance stability and reduce the risk of falls.
- **Dizziness:** Consult a health professional to identify the cause of dizziness and receive appropriate treatment.
- **Environmental hazards:** Remove or address potential trip hazards in your home to create a safer environment.
- **Vision and hearing problems:** Regular eye and ear check-ups can detect issues early and allow for appropriate interventions.
- **Foot issues:** Foot pain, deformities, or numbness can be addressed with proper footwear and foot care.
- **Footwear:** Ensure that your shoes provide adequate support and a secure fit.
- **Memory loss or confusion:** Managing cognitive health is essential. Stay mentally active with puzzles and brain exercises.
- **Poor nutrition:** A balanced diet can support overall health and reduce the risk of falls.
- **Dehydration:** Dehydration can lead to dizziness and falls. Ensure you are drinking enough water throughout the day, especially in hot weather.
- **Medications:** Review your medications with a health professional to minimise side effects that may contribute to falls.
- **Bladder and bowel conditions:** Manage these conditions to reduce potential accidents.
- **Alcohol consumption:** Limit alcohol intake, as excessive drinking can impair balance and coordination.

## The Confidence Factor

Experiencing a fall can affect your confidence, potentially leading to a cycle of reduced activity and an increased risk of falls. Taking a proactive approach is essential, even if you have yet to have a fall. This approach empowers you to take control of your situation, enabling you to remain active and independent for longer, with an improved quality of life in the long run.

To learn more about falls, explore the following resources or develop your personal action plan:

[NHS UK: Falls Overview and Prevention](#)

[Steady On Your Feet: Self Assessment Tool](#)



# Blackouts

Identifying the causes and risk factors of blackouts is crucial for your safety and well-being.

## Recognising Blackouts

Blackouts can sometimes be challenging to identify, particularly when they are brief. However, it's essential to suspect a blackout if:

- You cannot recall the fall.
- You have injuries to your face, indicating that you may not have had chance to put your hands out to save yourself.

## Common Causes of Blackouts

Blackouts become more common as we age, and they can result from various factors, including:

- **Drop in blood pressure:** A sudden drop in blood pressure, often experienced when changing position (e.g., standing up from a chair), can lead to a blackout.
- **Heart disorders:** Certain heart conditions or irregularities in heart rhythm can contribute to blackouts.
- **Anxiety, panic attacks, or stress:** Emotional factors such as anxiety, panic attacks, or stress can trigger blackouts in some individuals.

## Taking Action

If you suspect that you may have experienced a blackout, it's essential to inform your GP promptly. Seeking medical advice is crucial to investigate the underlying cause and determine appropriate measures to prevent future episodes.

## Preventing Blackouts and Staying Safe

While blackouts may be common, they are not inevitable, and there are steps you can take to reduce the risk:

- **Stay well-hydrated:** Dehydration can contribute to blood pressure fluctuations, so ensure you drink an adequate amount of water.
- **Sit or stand up slowly:** When changing positions, do so gradually to minimise abrupt changes in blood pressure.
- **Manage stress and anxiety:** Consider techniques such as relaxation exercises, mindfulness, or counselling to address emotional triggers.
- **Follow your GP's recommendations:** If you have an underlying medical condition contributing to blackouts, follow your doctor's advice and treatment plan.

Remember, addressing the potential causes of blackouts can help you stay safe and maintain your overall well-being. By seeking medical guidance and taking preventive measures, you can reduce the risk of blackouts and enjoy a healthier and more active life.

To find out more about blackouts and fainting, explore the following resources or develop your personal action plan:

[NHS UK: Fainting](#)

[Steady On Your Feet: Self Assessment Tool](#)



# Dizziness

Identifying the potential causes of dizziness and knowing how to manage it is essential for your well-being and reduce your fall risk.

## Common Causes of Dizziness

Dizziness can be attributed to several factors, including:

### **Drop in Blood Pressure**

A sudden drop in blood pressure, often experienced when changing position (e.g., standing up from a chair), can lead to dizziness. To minimise the risk:

- Change position slowly.
- Exercise your arms and legs before rising.
- Sit back down if you feel dizzy and wait until it passes.
- Stand still or walk on the spot when you first get up, avoiding sudden movements.

### **Dehydration**

Inadequate fluid intake can contribute to dizziness. To stay properly hydrated:

- Drink plenty of fluids throughout the day (aim for 6-8 cups).
- Sip water regularly.
- Limit caffeine and alcohol consumption, as they can lead to dehydration.

### **Inner Ear Disorders and Vertigo**

If you experience a sensation that the world is moving or spinning, or if dizziness is accompanied by nausea, vomiting, visual changes, or hearing disturbances, it may be a sign of inner ear issues.

Consider the following steps:

- Contact your GP surgery for further advice and evaluation.
- Ensure you have had a recent hearing assessment.

### **Medications**

Some medications, especially those related to blood pressure, may cause dizziness as a side effect. If you experience dizziness while taking medication, particularly blood pressure medication:

- Discuss your symptoms with a community pharmacist.
- Consult your GP or a health professional for potential adjustments to your medication levels.

### **Underlying Medical Conditions (e.g., Diabetes, COPD)**

Certain medical conditions may increase the likelihood of dizziness. If you have an underlying condition:

- Ensure it is well-managed through regular check-ups.
- Consult a health professional for advice on managing dizziness in the context of your condition.

### **Anxiety**

Stress and anxiety can contribute to dizziness. To alleviate symptoms:

- Try relaxation techniques like mindfulness or deep breathing exercises.
- If symptoms persist or are severe, discuss them with your GP for further guidance.

To find out more about dizziness, explore the following resources or develop your personal action plan:

[NHS UK: Dizziness Information](#)

[Steady On Your Feet: Self Assessment Tool](#)



# Medication

If you are taking four or more medications, the risk of falls can further increase.

## Regular Medication Reviews

It's crucial to have your medications reviewed regularly by your GP or pharmacist. These professionals can monitor your medications for any potential side effects and make dosage adjustments if necessary. This becomes especially important as we age since our sensitivity to medications can change, and dosages may need to be modified accordingly.

## Adhering to Medication Instructions

Taking your medications as prescribed by your GP is vital to their effectiveness. Be mindful of specific instructions, such as taking them at a certain time of day or on an empty stomach. If you have any questions or concerns about your medications, don't hesitate to consult your pharmacist or a health professional.

## Interactions and Considerations

It's important to be aware of potential interactions between your medications and other substances, such as alcohol or over-the-counter drugs. These interactions can impact the effectiveness of your medications or lead to side effects. Here are some tips to consider:

- **Alcohol:** Be cautious when consuming alcohol while taking medications, as it can interact with certain drugs. It's advisable to discuss alcohol consumption with a health professional.
- **Over-the-counter medications:** Inform your pharmacist about any over-the-counter medications or supplements you plan to take, as they can interact with prescription drugs.

## Pharmacist Support

Your pharmacist is a valuable resource when it comes to medication management and fall prevention. They can provide guidance on your medication levels, potential interactions, and proper usage.

To find your nearest pharmacist explore the following resources or develop your personal action plan:

[NHS UK: How Your Pharmacy Can Help](#)

[Steady On Your Feet: Self Assessment Tool](#)





## Environment

The home environment can pose hidden risks that may lead to trips, slips, and falls. Some common contributing factors include:

- **Daily activities:** Everyday tasks like getting in and out of bed, chairs, toilets, or bathtubs can become challenging as we age, increasing the risk of falls.
- **Home hazards:** Hazards within the home environment, such as loose rugs, cluttered walkways, inadequate lighting, and slippery floors, can all play a role in fall incidents.

### Preventing Falls in and Around the Home

Falls prevention in and around the home often relies on "common sense," but it's not always easy to identify potential dangers. Our home safety section is designed to assist you in recognising and addressing these hazards effectively.

Use our home safety section to help you:

- **Identify hazards:** Discover potential trip, slip, and fall hazards within your home. Learn how to spot risks like loose carpets, slippery surfaces, and poor lighting.
- **Take action:** Find practical tips and step-by-step instructions on how to remove or address these hazards to create a safer living environment.

### Take Control of a Safe Home

Your home should be a place where you feel secure and confident in your movements. By proactively addressing potential hazards and making necessary adjustments, you can significantly reduce the risk of falls within your home.

By making your home a safer place, you not only protect yourself from the risk of falls but also enhance your overall well-being, allowing you to continue enjoying your home life for years to come.

### Explore More Advice

For detailed guidance on identifying and mitigating home hazards, visit our home safety section or explore the other resources:

[Steady On Your Feet: Home Safety Resources](#)

[NHS Inform: Preventing Falls by Identifying Hazards at Home](#)



# Movement and Exercise

## The Impact of Aging

Between the ages of 50 and 70, it's natural to experience a decline of about 30% in muscle strength. Additionally, as we age, our balance reaction times slow down, making it challenging to maintain stability, especially during rapid movements. Physical inactivity can also lead to weaker bones.

## The Power of Exercises

There is strong evidence that strength and balance exercise programs are highly effective in preventing falls, regardless of age. Specifically designed exercise classes for older individuals prove to be particularly beneficial. These classes focus on enhancing balance and strength, making everyday tasks like getting in and out of chairs, boarding buses, or navigating the floor easier and safer.

## Gradual Progression for Optimal Benefits

If you're new to exercise, start slowly and progressively increase your activity level. Aim for:

- Physical activity on most days, adding up to 150 minutes of moderate-intensity exercise each week (e.g., walking, swimming, cycling).
- Strengthening exercises 2-3 times per week (e.g., gym workouts, carrying heavy bags, yoga).
- Challenging balance activities 2-3 times per week (e.g., tai chi, bowls, dancing).

Even small steps count, such as breaking up long periods of sitting with short walks around the house or performing exercises while seated. However, please note that chair-based exercises, while beneficial for many aspects of health, do not effectively prevent falls. Exercises must challenge your balance to be effective.

## Stay Active, Stay Strong

If you're already reasonably active, continue to prioritise your strength, balance, and bone health. Activities like Tai chi and dancing are excellent choices to support your muscles, bones, and balance.

If you're unsure about which activities are best for you or need personalised guidance, consider consulting a physiotherapist or a qualified exercise professional. They can provide tailored advice to help you make the most of your physical activity routine.

## Getting Started

Remember that physical activity encompasses any movement that slightly increases your heart rate and breathing. While exercising is safe and beneficial for most people, it's essential to listen to your body. If you experience chest pain or feel faint during exercise, stop immediately and consult your doctor.

To learn more about movement and exercise, visit our exercise section or explore the other resources:

[Steady On Your Feet: Strength and Balance Exercises](#)

[NHS UK: Physical Activity Guidelines for Older Adults](#)

[North Yorkshire Sport](#)

[Exercise and Activities in your area](#)

communities.ham@northyorks.gov.uk

Telephone 0300 131 2131

To book a class call Northallerton Leisure Centre on 01609 777070



## Vision

It's crucial to be aware of potential changes in our vision and take proactive steps to address them.

### Understanding Age-Related Changes in Vision

As we grow older, we may not always notice gradual changes in our vision. However, ageing can affect our ability to adapt to different lighting conditions, distinguish colours, and accurately perceive depth and distance. These changes can pose challenges, even for individuals who wear bifocals or varifocals. If you wear these types of lenses, exercise caution, especially on steps, stairs, or uneven surfaces.

### Common Age-Related Eye Conditions

With advancing age, certain eye conditions become more prevalent, including cataracts, glaucoma, and macular degeneration. It's essential to recognise that many of these visual problems are correctable. Regular eye tests are a fundamental step in maintaining eye health and identifying and addressing potential issues.

### The Importance of Regular Eye Tests

Regular eye examinations are a critical aspect of maintaining good vision and preventing falls. These tests not only assess your vision but also help detect and manage eye conditions early. And be aware of the following:

- Eye tests are free for individuals aged 60 or over.
- If you have difficulty going out, many opticians offer home visits to ensure access to essential eye care.

### Additional Resources

By prioritising regular eye tests, staying informed about potential age-related changes in vision, and promptly addressing visual concerns, you can maintain clear vision, enhance your mobility, and reduce the risk of falls, allowing you to enjoy a safe and independent life.

To learn more about eye health, explore the following resources:

[RNIB - 03031239999](tel:03031239999)

[Sight loss - South Tees Hospitals NHS Foundation Trust](#)

[NHS Vision Loss](#)

[Age UK: Eye Health information and Advice](#)

[NHS UK: Find an Optician Near You](#)

Royal National Institute of Blind People (RNIB): Eye Health



# Memory

While some degree of memory decline can be a natural part of the ageing process, it's important to be aware of factors that can affect cognitive health.

## Understanding Memory Changes with Age

Memory issues, including memory loss, confusion, and difficulties in problem-solving, can develop gradually as we grow older. These changes may be associated with ageing itself or influenced by various factors such as:

- **Stress:** High levels of stress can impact memory and cognitive function.
- **Sleep:** Poor sleep quality or insufficient sleep can affect memory.
- **Infections:** Certain infections may temporarily affect cognitive abilities.
- **Medications:** Some medications can have cognitive side effects.
- **Dementia:** Cognitive decline associated with dementia is a significant concern.
- **Substance Use:** Excessive consumption or withdrawal from drugs or alcohol can impair memory and cognitive function.

## Managing memory challenges

For individuals experiencing minor memory issues, there are strategies that can help maintain cognitive function:

- **Brain Stimulation:** Engaging in puzzles, games, and mental exercises can help keep your brain active.
- **Visual Prompts:** Using visual reminders, lists, and calendars can aid memory and organisation.

However, severe memory problems can have more profound implications, impacting judgement, reasoning, and insight, and potentially leading to risky behaviour and falls. These challenges can also affect sensory perception, including sight, sound, and touch, which may result in communication and mobility difficulties.

## Seeking Professional Guidance

If you or your loved ones have noticed a significant change in your memory or behaviour, it is essential to discuss these concerns with your GP or another health professional. Early recognition and evaluation of memory-related issues are crucial steps in addressing potential cognitive changes and preventing adverse outcomes.

## Additional Resources

By taking proactive steps to care for your memory and seeking professional guidance when needed, you can support your cognitive health, enhance your overall well-being, and reduce the risk of falls, allowing you to maintain an active and fulfilling life.

To learn more about memory and cognitive health, explore the following resources:

[NHS UK: Memory Loss Information](#)

[Age UK: Dementia Resources](#)



## Nutrition and Hydration

If you find yourself losing weight without a clear reason, it's essential to consult your GP, as it could be a sign of an underlying medical condition.

### The Impact of Nutrition and Hydration

Poor nutrition can lead to a weakened immune system, difficulty in absorbing medications, impaired wound healing, and a reduction in muscle and bone strength. These factors can contribute to an increased risk of falls. Even if your weight falls within a normal range, consuming a limited variety of foods may result in malnourishment.

Hydration is equally vital, as water constitutes two-thirds of our body and is essential for digestion and flushing out toxins. Dehydration can lead to a range of issues, including headaches, confusion, dizziness, constipation, and urinary tract infections, all of which may increase the risk of falls. Signs of dehydration may include:

- Feeling thirsty
- Headaches
- Fatigue
- Dry mouth or lips
- Confusion
- Dark or foul-smelling urine
- Constipation

### Assessing Your Diet and Fluid Intake

If you are uncertain about the quality of your diet or whether you are consuming enough fluids, consider keeping a food and drink diary and compare it to the following guidelines:

- Aim for 2-3 portions of high-protein foods every day, such as meat, fish, eggs, nuts, beans, pulses, soya, tofu, and other meat-free protein sources.
- Include 2-3 portions of dairy foods daily, such as cheese, milk, yoghurt, or non-dairy alternatives like soya, almond, or coconut milk.
- Incorporate a serving of starchy food at each meal, such as bread, cereals, potatoes, pasta, or rice.
- Consume a variety of fruits and vegetables daily, whether fresh, frozen, tinned, dried, or juiced.
- If you enjoy fish, prioritise oily options like mackerel, salmon, herring, trout, pilchards, or sardines, as they are rich in omega-3 fatty acids. Aim for 2 portions a week.
- Maintain proper hydration by drinking at least 6-8 glasses or mugs of fluids every day. Keep caffeine intake low, as it can exacerbate dehydration.

### Overcoming Dietary Challenges

There are various reasons why your diet may not be as nutritious as it should be, including a diminished appetite, swallowing difficulties, trouble sourcing or preparing food, illness, or dental health issues. If you struggle with shopping or meal preparation, reach out to family and friends who



may be able to assist or consider using meal or grocery delivery services. If daily activities – including meal preparation – become challenging, you can contact social services for potential assistance.

## Diabetes Considerations

If you have diabetes, it's crucial to consult your GP, nurse, or dietitian before making any significant dietary changes.

## Additional Resources

By prioritising proper nutrition and hydration, you can boost your overall well-being, support your body's functions, and reduce the risk of falls, enabling you to lead an active and fulfilling life.

To find out more about nutrition and healthy eating, explore these resources:

[NHS UK: Eat Well](#)

[Age UK: Healthy Eating](#)



## Bone Health

One condition that demands attention is osteoporosis, which leads to reduced bone density and an increased risk of fractures.

### Understanding Osteoporosis

Osteoporosis is a condition characterised by decreased bone density, making bones more susceptible to fractures, even from minor bumps or falls. It is more prevalent in women, particularly after menopause when bone loss tends to accelerate. Several factors can increase the likelihood of developing osteoporosis:

- **Previous bone fractures:** If you've experienced a bone fracture following a minor incident or fall and you're over 50, it's a potential risk factor.
- **Low BMI:** Maintaining a low body mass index (BMI) can contribute to the development of osteoporosis.
- **Family history:** A family history of osteoporosis or hip fractures can elevate your risk.
- **Smoking:** Current smoking and heavy alcohol consumption (more than 3 units per day) are associated with increased risk.
- **Oral corticosteroids:** Taking oral corticosteroids, such as prednisolone, for more than 3 months can impact bone health.
- **Rheumatoid arthritis:** Individuals with a diagnosis of rheumatoid arthritis face an elevated risk.
- **Certain medical conditions:** Conditions like Type I diabetes, untreated hyperthyroidism, chronic malnutrition/malabsorption, and chronic liver disease can affect bone health.
- **Premature menopause:** Experiencing menopause before the age of 45 without hormone replacement therapy (HRT) can be a risk factor.

### Taking Steps for Strong Bones

Regardless of whether you have osteoporosis or not, you can take steps to promote and maintain strong bones:

- **Quit smoking:** Smoking can harm the bone-building cells in your body, making it important to kick the habit.
- **Limit alcohol intake:** Excessive alcohol consumption can damage bones and affect balance.
- **Engage in weight-bearing exercise:** Participate in exercises that involve moderate impact, such as jogging, jumping, or stamping, to support bone health.
- **Consult a professional:** If you have not experienced a previous fracture, seek exercises that encourage moderate impact. If you've had a prior fracture or are diagnosed with osteoporosis, consult with your physiotherapist or the Royal Osteoporosis Society for guidance on suitable exercises.
- **Ensure adequate vitamin D:** Vitamin D is essential for bone health, and sunlight is a primary source. However, in the UK, it's advisable to take vitamin D supplements, particularly during the winter months or if you have limited outdoor exposure. These supplements are readily available in supermarkets and pharmacies.

- **Include calcium in your diet:** Aim for a daily calcium intake of 1000mg by incorporating calcium-rich foods into your diet.

## Additional Resources

By proactively addressing bone health through lifestyle choices and, if necessary, professional guidance, you can reduce the risk of fractures, maintain your mobility, and enjoy a life enriched with vitality and confidence.

To explore further information about bone health and osteoporosis, visit:

[The Royal Osteoporosis Society: Information and Support](#)



## Feet

### Foot Care for Independence

One simple step you can take to maintain your foot health is trimming your toenails. Doing so after bathing, when they are softer, can make the process more manageable. However, if you find it challenging to manage your toenails or have underlying foot problems, seeking the assistance of a podiatrist or chiropodist is a wise choice. This is particularly important for individuals with diabetes, as foot complications can be more severe in this group.

### Choosing the Right Footwear

The type of footwear you choose can significantly impact your comfort and stability. Here are some recommendations:

- Opt for shoes that provide protection and support for your feet. Look for non-slip soles that are not overly thick.
- Avoid high-heeled or backless footwear, as they can increase the risk of tripping and instability.

### Professional Foot Care

If you are unsure about the best way to care for your feet or have specific foot concerns, consider consulting a podiatrist or chiropodist. They are trained professionals who can provide expert guidance on foot care and address any issues you may be experiencing.

### Additional Resources

By prioritising foot care, choosing appropriate footwear, and seeking professional guidance when needed, you can enhance your comfort, stability, and overall well-being, reducing the risk of discomfort and falls, and allowing you to maintain an active and independent lifestyle.

To find a podiatrist in your area, explore the following resource:

**[NHS UK: Find a Podiatrist](#)**



## Bladder and Bowel

By addressing bladder and bowel challenges, staying adequately hydrated, maintaining a balanced diet, and seeking professional guidance when needed, you can reduce the risk of falls associated with these issues. This proactive approach enables you to enjoy greater comfort, stability, and confidence in your daily activities.

### Bladder and Bowel Challenges That Increase the Risk of Falls

Certain bladder and bowel problems may elevate the risk of falls:

- **Strong urge to urinate:** A sudden and strong urge to urinate can lead to hurried movements, increasing the risk of stumbling or falling.
- **Urine infections:** Infections in the urinary tract can cause discomfort and affect mobility.
- **Frequent urination:** Passing urine more than 10 times in 24 hours or having to visit the toilet more than twice during the night can disrupt your sleep and increase falls risk.
- **Constipation:** Experiencing hard bowel movements less than three times a week can lead to discomfort and contribute to instability.
- **Diarrhoea:** Urgent and loose bowel movements can necessitate quick and sometimes unsteady movements.

These issues may be aggravated by factors such as inadequate hydration and excessive consumption of caffeine or alcohol. You can take proactive measures to support your bladder and bowel health:

- Aim to drink 6 to 8 cups of fluids daily, but minimise drinks containing caffeine or alcohol.
- Maintain a balanced diet rich in fibre, including wholegrain bread, cereals, peas, beans, fruits, and vegetables, to alleviate constipation.
- If you experience nighttime difficulties accessing the toilet, consider using a commode or urinal for convenience.

### Seeking Professional Guidance

If you encounter ongoing issues related to your bladder or bowel health, it's essential to speak with your GP. They can provide a continence assessment and offer further support or guidance tailored to your needs.

### Pelvic Floor Exercises for Additional Support

To strengthen your pelvic floor muscles and enhance bladder and bowel control, consider incorporating pelvic floor exercises into your routine. These exercises can be particularly beneficial for women.

For more information on pelvic floor exercises, explore the following resource:

[NHS UK: Pelvic Floor Exercises](#)



## Fear of Falling

Falls can happen to anyone, and you are certainly not alone in this challenge.

### Breaking the Cycle of Fear

It's essential to recognise that the more fear and anxiety you experience, the less likely you are to remain physically active. This, in turn, can increase your vulnerability to future falls. You may find yourself walking more cautiously, slowing down your pace, or even becoming reluctant to leave your home. These are common reactions and often signal a decrease in your confidence when it comes to getting around.

### Creating a Falls Plan

Having a falls plan in place can significantly reduce anxiety and minimise the likelihood of prolonged periods on the floor if you do experience a fall. Consider these steps:

- **Summon help:** If you are hurt or unable to get up, use your pendant alarm, call out for assistance, crawl to a telephone, or make noise by banging on a wall.
- **Stay warm:** Ensure there are blankets in every room to help you stay warm while waiting for help.
- **Move safely:** If you are able, move to a softer surface and change your position regularly.

### Regaining Independence After a Fall

If you find yourself unhurt and capable of getting up after a fall:

- **Roll over:** Roll over onto your hands and knees.
- **Crawl to support:** Crawl to a stable piece of furniture, such as an armchair, to assist you in getting up.
- **Take your time:** Turn and sit on a chair or bed to rest for a while.

### Assistive Devices for Added Security

If you worry about falling when you are alone at home, consider using a pendant alarm that enables you to call for help, even if you can't reach the telephone. Additionally, there are telecare sensors available, such as falls detectors, designed for individuals who may not be able to press a pendant alarm.

### Remembering Your Strength

Keep in mind these essential points:

- Falling once should not consume you with worry. Many steps can be taken to minimise the risk of it happening again.
- If your worries persist, consider talking to someone you trust about your feelings.
- Set achievable goals to gradually regain your confidence and return to your usual activities. For

example, start by walking short distances before progressing to longer ones.

- Reflect on the times when you haven't fallen and strive to maintain your regular level of activity.

## Empowering Yourself to Reduce the Risk of Falls

There are a number of steps you can take to reduce your risk of falling and rebuild your confidence. A great starting point is using the self-assessment tool available on our website. This tool can help you identify areas where you can make changes and improvements to enhance your safety.

By addressing the fear of falling, seeking support when needed, and taking proactive steps to enhance your safety, you can break the cycle of anxiety and rediscover your independence, ultimately leading to a more fulfilling and active life.

Complete your self assessment plan today and explore the following resources for more information:

[Steady On Your Feet: Self Assessment Plan](#)

[NHS Inform: Fear of Falling](#)

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YOUR FEET**

[www.steadyonyourfeet.org](http://www.steadyonyourfeet.org)