

# STEADY ON YOUR FEET

Hambleton and  
Richmondshire



Falls Prevention Information Pack

# Information & Advice



## 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**

**[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](#)



## 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](#)

# Home Safety



## Home Safety

### Living Room or Lounge

Your living room is usually where you spend most of your day. That's why it's essential to make sure it's a safe space to move around freely. Our guidance helps prevent falls and ensure your comfort.

Your living room is usually where you spend most of your day. It's where you complete daily tasks and even take time to relax. That's why it's essential to make sure it's a safe space to move around freely.

Here are some tips to help you identify hazards and enhance falls safety in your living room:

- **Chair casters:** Are there casters under your chairs that make them slide when you're trying to get up? While casters make furniture easier to move, they can be risky. Consider removing them or replacing them with cup-shaped carpet savers to prevent unwanted chair movement.
- **Chair height:** Can you get in and out of your chair comfortably? If your chair is too high or too low, it may pose a challenge. Adjust the chair's height if needed or consider swapping it with one that suits you better.
- **Obstructed windows:** Do you have to lean or reach to open windows or curtains because furniture is in the way? This can be a tripping hazard. Ask for assistance to rearrange your furniture, ensuring windows and curtains are easily accessible.

Creating a safe living room environment is essential for preventing falls and ensuring your comfort. If you need further assistance or information, consider reaching out to local resources such as social services, or the fire brigade.

### Fire Safety

- Make sure electrical wires and plugs are maintained and don't overload sockets.
- Don't dry clothes close to a heat source – they may catch fire from radiated heat.
- If you smoke make sure you put it out, right out in an ashtray and empty ashtrays regularly.

## Kitchen

Your kitchen can be a bustling area, but it's crucial to maintain safety to minimise your risk of falling. Our easy-to-follow advice helps you identify hazards and enhance safety in the kitchen.

Your kitchen can be a bustling area, but it's crucial to maintain safety to minimise your risk of falling.

Here are some tips to help you identify hazards and enhance falls safety in your kitchen:

- **Wet flooring:** Is there a chance of slipping on wet floors, especially near the sink and washing machine? To reduce the risk, use non-slip mats, fitted carpets, or carpet tiles in wet areas. Promptly mop up wet floor areas to prevent accidents.
- **Accessibility:** Are your everyday items within easy reach, or do you find yourself stretching or climbing on chairs or stools? Ensure that frequently used items are placed on easily accessible shelves. And try to avoid reaching above head height, as it can lead to dizziness.
- **Steps and ladders:** If you have to use steps, are they secure, with a handrail and a system to keep the legs locked? Never use chairs or stools to stand on. Properly designed steps with an effective handrail and leg-lock mechanism can be used safely if you are physically fit. Consider seeking assistance when using steps, especially for tasks that require reaching higher places.
- **Carrying items:** Do you struggle to carry items from the kitchen to the dining area? If so, a kitchen trolley might be helpful. However, keep in mind that trolleys are not meant as walking aids but for transporting items. If you have concerns about your stability, consult with an expert to assess the safety of using a trolley.

For adaptations and other solutions, including handrails, consider speaking to organisations specialising in home modifications or social services. Their expertise can help ensure your kitchen is a safe and functional space.

## Fire Safety

- Chuck out your chip pan – they can be very dangerous and cause thousands of fires each year.
- Stand by your pan – make sure you don't get distracted when cooking; if you need to leave the room turn it off.
- Don't put metal in the microwave.
- Don't wear loose clothing when cooking and keep tea towels away from the hob.
- Washers and dryers can cause fires so only use when in the home and switch off when not in use.

## Bedroom

Your bedroom should be a sanctuary. But it's also a place where the risk of falling increases. By making small changes, you can create a safer and more comfortable environment, while reducing risk.

Your bedroom should be a sanctuary of comfort and safety. But it's also a place where the risk of falling increases.

Here are some tips to help you identify hazards and enhance falls safety in your bedroom:

- **Getting in and out of bed:** Assess if you feel safe getting in and out of bed. Consider factors like your bedding and clothing, which might increase the risk of slipping. Check if your mattress offers adequate support or if your bed's height is suitable for easy access.
- **Bedside lighting:** Ensure there's a convenient way to turn the bedroom light on and off from your bed. Installing a pull cord for the main light within arm's reach is ideal. Alternatively, use a bedside lamp, but be cautious about leaving it plugged in continuously, as it may pose a fire hazard. A battery-powered push light near the bed is a safe and practical option.
- **Telephone accessibility:** Having a telephone in your bedroom can be useful. Ensure that your pendant alarm, if you have one, is within easy reach when you are in bed. However, be cautious not to leave mobile phones charging overnight, as this can pose a fire risk.

By addressing these aspects, you can create a safer and more comfortable bedroom environment, reducing the risk of falls and enhancing your peace of mind.

For adaptations and other solutions, including handrails, consider speaking to organisations specialising in home modifications or social services. Their expertise can help ensure your bedroom is a safe and functional space.

## Fire Safety

- Never smoke in bed.
- Don't fold electric blankets and check for wear and tear before use – make sure you switch off before bed.
- Have a bedtime routine – switch off electricals, close internal doors and make sure your escape route is clear.
- Emollient skin products are safe to use but can leave a flammable residue on clothes or bedding; don't light a naked flames or cigarette.
- If a member of your household uses oxygen, your local fire brigade can provide specialist advice on fire safety.

## Bathroom

Your bathroom can be one of the most high-risk places for potential slips and falls. But by addressing safety measures, you can minimise the risk of falls and ensure a secure and comfortable bathroom experience.

Your bathroom can be one of the most high-risk places for potential slips and falls.

Here are some tips to help you identify hazards and enhance falls safety in your bathroom:

- **Flooring safety:** Is there a risk of slipping on wet vinyl or tile flooring? To prevent accidents, consider using non-slip mats, fitted carpets, or carpet tiles in your bathroom. It's essential to mop wet floor areas promptly to eliminate hazards.
- **Bathing and showering:** Ensure that you can access the bath and shower safely. Non-slip rubberized mats are readily available to provide stability. Consider installing a grab rail, which can significantly enhance your safety and confidence when entering or exiting the bath or shower. If you find it challenging to bathe safely, you may benefit from further assessment for additional safety measures.
- **Toilet accessibility:** Getting on and off the toilet should be safe and comfortable. Instead of using a radiator or other bathroom fittings for support, consider installing a grab rail. A grab rail provides stable support and can be installed by a handy person. This simple addition can significantly improve your bathroom safety.

By addressing these bathroom safety measures, you can minimise the risk of falls and ensure a secure and comfortable bathroom experience.

For adaptations and other solutions, including handrails, consider speaking to organisations specialising in home modifications or social services. Their expertise can help ensure your bedroom is a safe and functional space.

## Fire Safety

- Have an escape plan in case of fire, make sure exit routes are not blocked and keys are to hand.
- If people in the home need assistance to exit then make sure this is considered.

## Moving Around Inside

Safely navigating your way around your home is essential for preventing falls. With our assistance, you can identify and address hazards, enhancing falls safety and quality of life inside the home.

Navigating your home safely is essential for preventing falls.

Here are some tips to help you identify hazards and enhance falls safety inside your home:

- **Adequate lighting:** Are staircases and landings well lit? It's crucial to keep your routes well-illuminated when in use. Ensure that light switches are easily accessible, and consider installing a two-way light switch if there isn't one already. Local council 'handyperson schemes' can be valuable resources for such modifications.
- **Stairway stability:** Do you feel stable when going up and down the stairs? Always have a handrail, even on small flights of stairs. Local handyperson schemes can assist in adding additional handrails if needed. Consider minimising journeys up and down the stairs when possible.
- **Clear pathways:** When walking through a room, do you have to navigate around furniture? Keep your pathways clear by rearranging furniture as needed. Don't hesitate to seek assistance if necessary, and always use your walking aid as instructed.
- **Floor hazards:** Are there objects like papers, magazines, books, shoes, boxes, blankets, towels, or other items on the floor? It's crucial to pick these up and maintain clutter-free areas. Consider using a 'helping hand' tool to reduce stooping or overreaching.
- **Cord and wire management:** Do you have to walk over or around cords or wires, such as those from lamps, extension leads, or telephones? Tape cords and wires along the walls to eliminate tripping hazards. If possible, consult an electrician to install additional sockets. For fire safety, consider a home safety check from your local fire brigade, which can provide advice and fit smoke alarms if required.
- **Letterbox convenience:** Do you have a letterbox cage to avoid stooping to pick up letters? Installing one is an easy solution that not only saves you from stooping but also prevents papers from spreading across the floor just inside the doorway. You can find these at DIY stores, and a local handyperson can assist with installation.
- **Secure rugs:** Do you have loose rugs or runners on the floor? To prevent them from slipping, remove them or use non-slip matting beneath them.
- **Calling for assistance:** If you fall, do you have a system for calling assistance? A personal alarm pendant can be a reliable means of seeking help.
- **Carpet condition:** Are your carpets in good condition and not frayed? Worn carpets are a significant fall risk and should either be replaced or secured promptly.

By addressing these indoor safety measures, you can create a safer home environment and reduce the risk of falls.

To find a local handyman, who can fit the solutions mentioned on this page, contact your local council.

## Fire Safety

- Make sure you have a working smoke alarm on each level of your home and test it regularly.
- For support with fire and smoke alarms, as well as specialist alarms for sensory loss, contact your local fire brigade.

## Moving Around Outside

Navigating the outdoor areas around your home, including paths, steps and the garden, requires attention to safety.

Navigating the outdoor areas around your home, including paths, steps and the garden, requires attention to safety.

Here are some tips to help you identify hazards and enhance falls safety in external areas of your home:

- **Clear pathways:** Are your paths clear of leaves and overgrown plants? Maintaining tidy outdoor areas, free of obstacles, is essential for safety. Regularly clear away leaves and trim overgrown plants to keep pathways clear.
- **Slippery surfaces:** Are your paving stones free of moss and algae? If not, this can become slippery when wet. Prune overhanging plants and branches to improve lighting. You can purchase products to remove algae or get help from someone to do it with a pressure washer.
- **Uneven or broken paving:** Do you have any uneven or broken paving slabs? These can be trip hazards. Arrange for someone to replace or straighten them to ensure a level walking surface.
- **Gardening considerations:** Are your flower beds at ground level? They'll be easier to access if they're in containers or raised beds. When you are in the garden, avoid spending too much time in one position and be cautious when standing up from a bent-over position. Alternate between seated and standing activities to reduce strain.
- **Entry steps:** Do you have high steps to get in and out of the property? Consider installing an additional step or grab rails for added stability and safety. Remember to use your walking aid, if you use one.

By addressing these outdoor safety measures, you can create a safer external environment, reducing the risk of falls.

To find a local handyman or gardener, who can fit solutions or help with external areas around your home, contact your local council.

## Fire Safety

- Store wheelie bins and rubbish securely away from property.
- Bring bins back in as soon as possible after rubbish collection.

## Fire Safety

Ensuring fire safety in your home is crucial, not only for preventing fires but also for reducing the risk of falls. These key considerations and tips will create a safer home environment.

Ensuring fire safety in your home is crucial, not only for preventing fires but also for reducing the risk of falls.

Here are some key considerations and tips to keep both you and your home safe:

- **Smoke alarms:** Do you have working smoke alarms in the correct places in your home? Smoke alarms are vital for early detection of fires. Ensure you have them installed on every floor of your home, especially in hallways and near bedrooms. Test them regularly to make sure they are in good working condition.
- **Fire home safety check:** Consider a safety check from your local fire brigade. Many fire departments offer this service. During a home safety check, experts will provide valuable safety advice, make recommendations, and even install and test smoke alarms if needed.
- **Clear escape routes:** To reduce the risk of falls during an emergency, make sure your escape routes are clear. Keep hallways and staircases free from clutter and obstacles. In the event of a fire, you'll need a safe and unobstructed path to exit your home quickly.
- **Fire prevention:** Take measures to prevent fires in your home. Avoid overloading electrical sockets, keep flammable materials away from heat sources, and be cautious with cooking appliances.

By addressing fire safety concerns and following these tips, you can not only reduce the risk of fires but also create a safer home environment that minimises the chances of falls.

Contact your local fire brigade for a fire home safety check, and help with installing smoke alarms.

## Sensory Support

Navigating a home safely is essential for everyone, especially for those with sensory impairments.

Navigating a home safely is essential for everyone, especially for those with sensory impairments.

Here are some tips to help you create a safe environment tailored to the needs of those facing visual or auditory challenges:

- **Adequate Illumination:** For individuals with visual impairments, proper lighting is crucial. Opt for bright fluorescent bulbs to ensure sufficient illumination throughout the home, particularly in areas prone to falls.
- **Consistent Lighting Levels:** Maintain uniform lighting levels across different rooms to avoid sudden changes in brightness. Consider adding lighting to dimly lit areas and using curtains or shades to minimise glare.
- **Night Time Navigation:** Install night lights along pathways from bedrooms to bathrooms to assist with nocturnal mobility. These low-energy lights provide subtle illumination without disrupting sleep.
- **Regular Eye Checks:** Schedule routine eye examinations with opticians to address vision-related concerns. Updated visual aids, such as glasses or magnifiers, can significantly enhance safety and independence at home.
- **Preventing Trips and Falls:** Eliminate tripping hazards by keeping pathways clear of clutter, loose rugs, and obstacles. Secure carpets and rugs to prevent slips and falls.

By implementing these sensory-friendly home safety measures, those with sensory impairments can enjoy enhanced independence and peace of mind in their own home.

## Fire Safety

- Ensure that smoke alarms are strategically placed, such as bedrooms and living rooms. Regularly test alarms to confirm functionality.
- Develop and practise a comprehensive fire escape plan tailored to your specific needs.
- Mitigate fire risks by adhering to safe electrical practices, including avoiding socket overloads and ensuring the integrity of cords and wires.
- Minimise cooking-related hazards by never leaving stove tops unattended.

By recognising and addressing potential fall hazards at home, you can significantly reduce the risk of falls, accidents and injuries. We'll help you spot common causes, and discover easy ways to make your home safer.

# Staying Active



## Staying Active

### Guidelines and Advice

From recommendations for daily activity to strength, balance, and flexibility exercises, this page provides valuable insights to help you stay physically active and prevent falls.

Before diving into an exercise routine, we've included important preparations to ensure your safety and well-being. Explore these expert recommendations and take your first steps towards healthy, independent and safer ageing.

#### Physical Activity Guidelines for Older Adults

For individuals aged 65 and over, the following guidelines provide a framework for staying physically active:

- **Daily activity:** Strive to engage in some form of physical activity every day, even if it's light in intensity. This could involve a leisurely stroll, gentle stretching, or basic mobility exercises.
- **Strength, balance, and flexibility:** Incorporate activities that specifically target the improvement of strength, balance, and flexibility into your routine on at least two days a week. These exercises are invaluable for maintaining stability and preventing falls.
- **Moderate or vigorous activity:** Aim for at least 150 minutes of moderate-intensity activity each week. If you are already active, consider engaging in 75 minutes of vigorous-intensity activity weekly. Alternatively, you can combine both moderate and vigorous activities to reach your target.
- **Break up sitting time:** Reduce prolonged periods of sitting or lying down by breaking them up with short bursts of physical activity. Even simple movements, like standing up and stretching, can contribute to your overall well-being.

Before embarking on your exercise routine, it's essential to make some necessary preparations:

- **Sturdy support:** Ensure you have something sturdy and stable to hold onto during exercises. A kitchen worktop is an ideal choice.
- **Supportive footwear:** Wear supportive footwear that provides stability and comfort.
- **Stay hydrated:** Keep a glass of water within reach to stay hydrated during your workout.
- **Start slowly:** Begin with exercises that you can comfortably manage. Start at a slow pace and gradually build up your routine.
- **Medical consultation:** If you have a heart condition or any other medical condition that may affect your ability to exercise, it's advisable to consult with your GP or healthcare provider before starting an exercise regimen.

These simple preparations will help ensure a safe and effective exercise session, tailored to your individual needs and capabilities.

## Sitting Exercises

Whether you've been away from regular exercise or simply prefer seated routines, these exercises are gentle and easy to follow.

### Getting Started

Before you begin, ensure you have a solid, stable chair without wheels. This chair should allow you to sit with your feet flat on the floor and your knees comfortably bent at right angles. Chairs with armrests should be avoided as they can restrict your movement.

### Dress Comfortably and Stay Hydrated

Wear loose, comfortable clothing that allows for easy movement. Keep a bottle of water within reach to stay hydrated during your exercise session.

### Gradual Progression

Remember, building up your exercise routine gradually is key to success. Start with a manageable number of repetitions for each exercise, and over time, aim to increase the repetitions at your own pace.

### Consistency Is Key

For optimal results, aim to incorporate these seated exercises into your routine at least twice a week. Combining them with other exercise routines can further enhance your overall well-being.

By engaging in these seated exercises, you are taking proactive steps to maintain your mobility, improve your strength, and reduce the risk of falls. Exercises can be adapted to your fitness level, ensuring that you can comfortably and safely enjoy the benefits of physical activity. Try to do these exercises at least twice a week. While beneficial for general health, on their own, chair-based exercises do not prevent falls – exercises must challenge your balance to do this. That's why it's important to combine these with other routines and activities.

<https://www.youtube.com/watch?v=LlscrrslMxc> <https://www.youtube.com/watch?v=7gZZFUbsvpw>  
<https://www.youtube.com/watch?v=nZpp5xcleVw> <https://www.youtube.com/watch?v=2w80Gul-Syl>  
[https://www.youtube.com/watch?v=0I9jj\\_vD5GM](https://www.youtube.com/watch?v=0I9jj_vD5GM)

### NHS Sitting Exercises

## Strength Exercises

Whether you've taken a break from exercise or are just starting, these gentle exercises are straightforward to follow.

### Prepare Your Space

To get started with chair-based strength exercises, you'll need a stable chair that doesn't have wheels and won't slip on the surface it's placed on. Ensure that you can comfortably sit with your feet flat on the floor and your knees bent at right angles. Chairs with armrests should be avoided as they may limit your range of motion.

### Dress Comfortably and Stay Hydrated

Choose loose, comfortable clothing that allows for freedom of movement. Keep a bottle of water within reach to stay well-hydrated during your exercise session.

### Gradual Progression

Remember that progress is achieved through gradual increments. Begin with a manageable number of repetitions for each exercise, and as you become more comfortable, aim to incrementally increase the repetitions over time.

### Consistency Matters

For the most effective results, incorporate these strength exercises into your routine on a regular basis. Consistency is key to improving your overall health, mobility, and strength.

By incorporating these gentle strength exercises into your day, you're actively enhancing your health and mobility. These exercises can be tailored to suit your fitness level, ensuring that you can safely and comfortably enjoy the benefits of regular physical activity.

<https://www.youtube.com/watch?v=vv0lgUuQosE> <https://www.youtube.com/watch?v=fqltYG4Bfes>  
<https://www.youtube.com/watch?v=M0ampRReDXA> [https://www.youtube.com/watch?v=0I9jj\\_vD5GM](https://www.youtube.com/watch?v=0I9jj_vD5GM)  
<https://www.youtube.com/watch?v=90Khz0gNmug>

### NHS Strength Exercises

### NHS Strength and Flexibility Exercises

## Flexibility Exercises

Whether you're returning to exercise after a break or starting anew, these exercises are gentle and designed so you can simply follow along.

### Prepare Your Space

Ensure you have a comfortable, uncluttered space for your exercises. Wear loose, comfortable clothing that allows for freedom of movement. Keep a bottle of water handy to stay hydrated during your routine.

### Gradual Progression

Don't worry if you haven't been active for a while. These exercises are beginner-friendly. Start with a comfortable number of repetitions for each exercise and gradually increase them over time. Consistency and patience are key to making progress.

By incorporating these flexibility exercises into your routine, you'll be actively enhancing your health and mobility. These exercises are adaptable to your fitness level, allowing you to enjoy the benefits of improved flexibility and overall well-being.

<https://www.youtube.com/watch?v=cH6gfWu216A> <https://www.youtube.com/watch?v=2w80Gul-Syl>  
<https://www.youtube.com/watch?v=vv0lgUuQosE> [https://www.youtube.com/watch?v=J7BcXbsy1\\_Q](https://www.youtube.com/watch?v=J7BcXbsy1_Q)

[NHS Flexibility Exercises](#)

[NHS Strength and Flexibility Exercises](#)

## Balance Exercises

Whether you're reinitiating exercise or starting fresh, these exercises are designed to improve balance and help you move around.

### Create a Safe Environment

To ensure safety, consider performing these exercises near a wall or a stable chair just in case you need support. Wear loose, comfortable clothing that allows for freedom of movement, and have a bottle of water within reach to stay hydrated during your workout.

### Gradual Progression

If it's been a while since you last exercised, don't worry. These balance exercises are suited for beginners. Begin with a comfortable number of repetitions for each exercise, and gradually increase them over time. Patience and consistency will help you make steady progress.

By incorporating these balance exercises into your routine, you'll actively improve your health and mobility. These exercises can be adapted to your fitness level, ensuring that you can comfortably and safely enjoy the benefits of enhanced balance and overall well-being.

<https://www.youtube.com/watch?v=ujoD1l4fnP4> <https://www.youtube.com/watch?v=C0nVlrJ26dw>  
[https://www.youtube.com/watch?v=A28iwwa1J\\_M](https://www.youtube.com/watch?v=A28iwwa1J_M) <https://www.youtube.com/watch?v=mrPjjFlp9wo>  
<https://www.youtube.com/watch?v=E0Mez6c7Pk0> [https://www.youtube.com/watch?v=KtE2\\_SmXmT8](https://www.youtube.com/watch?v=KtE2_SmXmT8)  
<https://www.youtube.com/watch?v=1jrC9NdH3EE> <https://www.youtube.com/watch?v=HiDpYePaUHg>

### NHS Balance Exercises

## General Exercises

They are beneficial for general health, and are perfect to add to your routine alongside more strength and balance-based activities.

<https://www.youtube.com/watch?v=w3VICljvWsY> <https://www.youtube.com/watch?v=J6HGXUS7IYI>  
<https://www.youtube.com/watch?v=YpC1zw7VPGE> <https://www.youtube.com/watch?v=bqr5Wcru9N4>  
[https://www.youtube.com/watch?v=u2Bf\\_QnxLtw](https://www.youtube.com/watch?v=u2Bf_QnxLtw) <https://www.youtube.com/watch?v=vG2h46j-VAs>  
<https://www.youtube.com/watch?v=Z0TokrUpv8Q> <https://www.youtube.com/watch?v=ONvVm0FpsII>  
<https://www.youtube.com/watch?v=-bPfgpSMin8> <https://www.youtube.com/watch?v=jVyKoHIQAYa>  
<https://www.youtube.com/watch?v=-w4XgMBpsqk> <https://www.youtube.com/watch?v=EXtBT-WAu4g>

## Freedom To Move

Being active doesn't have to require a costly investment. Teaming up with Bill Bailey, We Are Undefeatable has created three easy to follow videos that show you the free ways you can stay active through everyday activities that are suited to everyone's capabilities.

<https://www.youtube.com/watch?v=GbfOPpHfLoc> [https://www.youtube.com/watch?v=Hs\\_r9WEkg6w](https://www.youtube.com/watch?v=Hs_r9WEkg6w)  
<https://www.youtube.com/watch?v=jMAxBbFd1cg> [https://www.youtube.com/watch?v=nDz\\_MRkJFC4](https://www.youtube.com/watch?v=nDz_MRkJFC4)

We Are Undefeatable: Freedom To Move

## 5 Five In Five

Designed for people living with long term health conditions but also useful for older adults, these five minute mini-workouts are completely customisable to suit your needs and ability.

<https://www.youtube.com/watch?v=ayRZ9dpb9G0>

Getting started is simple. Download the Five In Five booklet to find different mini-workouts. Each one includes five movements which you can do seated or standing for one minute each, to build a five minute workout.

Whether you want to improve your strength, unwind and relax, or just have a bit of fun, there's bound to be a Five In Five that suits you.

[We Are Undefeatable: Five In Five Booklet](#)

[We Are Undefeatable: Five In Five](#)

## NHS Resources

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke. We've gathered some simple and handy exercises from the NHS to support healthy and active ageing.

Discover a wealth of expert guidance on staying physically active, enhancing strength and balance, and the benefits of an active lifestyle during later years. Explore these NHS resources and start to reduce your risk of falls, and enjoy a healthier, more active life.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

[NHS UK: Sitting Exercises](#)

[NHS UK: Strength Exercises](#)

[NHS UK: Flexibility Exercises](#)

[NHS UK: Strength and Flexibility Exercises](#)

[NHS UK: Balance Exercises](#)

## Find Local Exercise Classes

These classes, which often cover activities like aerobic exercises, tai chi, dancing, or bowls, are enjoyable and tailored to older adults.

Beyond the fitness benefits, joining an exercise class boosts your social interactions, providing opportunities for new friendships and shared motivation. A group dynamic can also help keep you motivated and committed to your goals.

### Find the Right Class

Seek out exercise classes specifically designed for older individuals. Ideally, consider classes aimed at falls prevention, often labelled as "postural stability" or "Otago" programs.

Local leisure centres, authorities and voluntary organisations can provide more information on available classes:

[Move It Or Lose It: Find My Nearest Class](#)

[Age UK: Exercise and Physical Activity Classes](#)

[North Yorkshire Sport](#)

[North Yorkshire Council](#) – search exercise and activities and a list of areas and classes will appear.

[communities.ham@northyorks.gov.uk](mailto:communities.ham@northyorks.gov.uk)

Telephone 0300 131 2131

To book a class call Northallerton Leisure Centre on 01609 777070

### Exercise at Home

If you're not quite ready for group classes or prefer exercising at home, explore our range of simple exercises that you can do in the comfort of your own space.

[Steady On Your Feet: Staying Active](#)



# Find Support



## Community Falls Team

If you require further support or guidance regarding your falls, please get in touch with your GP or health/ social care professional who is involved with your care. To find out more about the Hambleton and Richmonshire falls service provided by South Tees Hospitals NHS Foundation Trust, please get in touch with us at [stees.hrfallsteam@nhs.net](mailto:stees.hrfallsteam@nhs.net).

## Community Activities and Additional Support Toolkit

This resource aims to assist practitioners in a range of settings, including primary and secondary health care, social care, and the community and voluntary sector, to provide information about relevant community resources to individuals living with frailty and their families and carers.

The toolkit indicates which community activities and additional support may be helpful for individuals based on where they sit on the Rockwood clinical frailty scale.

Connecting individuals to wider community support is worth exploring whenever possible alongside other help, as there is widespread recognition that communities have a vital role in supporting health and well-being.

Click on the link below and follow the relevant links to the Hambleton and Richmondshire areas.

### [View Activities and Toolkit](#)

Further information on the Rockwood scale can be found on this [clinical frailty scale \(CFS\) training module website overview video](#).

## Exercise and Activities

Find out about walking groups, weight loss groups and exercise schemes.

### [Search for Exercise Group in your area](#)

## North Yorkshire Sport

North Yorkshire Sport is a charity for movement, activity and sport and the Active Partnership for York and North Yorkshire. We work with partners across the county to help create happy and thriving communities that mean people are living more healthily for longer in a fairer, more equal society.

### [Visit the North Yorkshire Sport website](#)

## Active North Yorkshire

A new sport and active wellbeing service will be launched in September when Selby and Tadcaster's leisure centres become the first to move under the banner of the newly formed Active North Yorkshire. The move is the first stage of our plan to bring all leisure services in-house and concentrate on improving the physical and mental health and wellbeing of our communities.

### [Visit the Active North Yorkshire Website](#)

**STEADY ON  
YOUR FEET**

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