Government of **Western Australia**
Department of **Health**

Stay On Your Feet WA®

ICCWA
Injury Control Council of Western Australia

STAY ON YOUR FEET®

Move **Improve** **Remove**

Call **1300 30 35 40** or visit the website **www.stayonyourfeet.com.au**

Move Your Body

Improve Your Health

Remove Hazards

FALLS ARE PREVENTABLE

Accidents don't just happen. Each year nearly one quarter of people over 60 will experience a fall, some resulting in serious injury and not being able to return to independent living.

Here are three steps for you to follow to help prevent slips, trips and falls… so that you can stay on your feet and get on with enjoying the fun things in life.

Move Your Body

Moving your body will improve your balance and posture, strengthen your muscles and bones, and improve your overall fitness and general wellbeing.

BUILD YOUR BALANCE

Maintaining your balance is the best way to avoid a fall. There are many activities such as tai chi, tennis or lawn bowls which involve leaning forwards, backwards or to the side that can help build your balance. Exercises which build your balance include safely standing on one leg, stepping over objects or walking heel to toe. Contact Stay On Your Feet® for more information about community activities to improve your balance.

STRENGTHEN YOUR BODY

Strong legs help you avoid slips, trips and falls. Make your leg muscles and bones stronger with exercises like standing up from your chair without using your hands or take part in activities using light weights at home or at the gym. Even domestic tasks such as gardening and cleaning can help keep your muscles working and your body strong. Ask your physiotherapist, GP or local recreation centre for advice on suitable exercises for you.

Improve Your Health

Looking after your health and wellbeing is essential at all ages to help keep you independent and reduce illness. Be aware of your body and mind. If you notice any changes such as feeling dizzy, pain, drowsy or depressed, please see your GP.

CHECK YOUR MEDICINES

All medicines can cause side effects and these increase the more you take. Long-term use of some medications, such as sleeping pills will increase health risks. To ensure you are getting the best out of your medicines keep an up-to-date list of your medicines and arrange to get these medicines checked by your GP or pharmacist.

KEEP A HEALTHY MIND

Keep your brain active to increase your reaction time and alertness to hazards. Try activities such as puzzles, home repairs, reading, playing games with your grandkids or joining a social group. Alcohol also affects your mental alertness and balance so ensure you drink responsibly.

FUEL YOUR BODY

Vitamin D and calcium are important for strengthening your bones to help you stay on your feet. Enjoy time outdoors in the sunshine to get more Vitamin D. Eat dairy products and green vegetables for calcium and a variety of healthy meals for protein and general wellness. Calcium and Vitamin D supplements are also readily available from your local supermarket or pharmacy.

Remove Hazards

As your body gets older changes will occur. Feel confident that you can adapt to these changes and make your home safer so that you can get on with enjoying life.

MAKE YOUR HOME SAFER

Get rid of slip and trip risks such as rugs, mats, slippery tiles and objects on the floor. Move furniture to create larger walkways and keep everyday objects in easy to reach locations. If you require equipment such as grab rails in your bathroom or toilet ask your GP or home care provider.

CHECK YOUR EYESIGHT

To help reduce the effects of changing vision like cataracts or watery eyes, visit an optometrist or your GP. Adapt to your changing vision at home by turning on extra lights and clearly marking the edge of steps. Ask about the safest use of your multi-focals, especially when you are active and outdoors.

WEAR SAFE FOOTWEAR

Wear shoes with a good grip that are flat and fit securely. Do not walk in socks. Foot problems that cause pain can affect your walking and balance. If you have any concerns with your shoes or feet see a podiatrist.

My ‘Stay On Your Feet®’ Plan

Here is a list of my important actions to help me stay on my feet and get on with enjoying the fun things in life!

Things I need to do
Book an appointment to get my medicines checked
Find and join a local activity to help strengthen my legs

	People who can help me	I will do it by...	✓
	Pharmacist	today	✓
	Local Recreation Centre	July	✓

www.stayonyourfeet.com.au
Email: info@stayonyourfeet.com.au
Phone: **1300 30 35 40**

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Stay On Your Feet WA® is coordinated by the Injury Control Council of WA and supported by the Government of Western Australia

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