



## Staying Mobile and Preventing Falls

### ✓ STAY MOBILE

- **Move more, sit less** – Small daily movement keeps muscles strong.
- **Build strength at any age** – You can build muscle, even later in life.
- **Stand up, sit down** – repeat! Chair exercises are simple and powerful.
- **Find movement you enjoy** – Walking, swimming, gardening – consistency matters.
- **Keep doing daily activities** – Shopping, housework and gardening count as exercise.
- **Balance is a skill, train it** – Try Tai Chi or balance exercises weekly.
- **Use walking aids proudly** – They help you stay independent.
- **Set realistic goals** – Progress step by step.

### ✓ MAKE YOUR HOME SAFER

- **Clear clutter from floors** – Trip hazards = fall risks.
- **Secure rugs or remove them** – Loose rugs cause many falls.
- **Wear proper footwear** – No loose or slippery slippers.
- **Check your lighting** – Good visibility prevents accidents.

### KEY REMINDERS

- **Falls have many solutions** – Don't ignore them.
- **Stay capable, not cautious** – Confidence protects you.
- **Healthy ageing = staying active** – Movement is medicine.

### ✓ SPOT EARLY WARNING SIGNS

- **Slow walking = higher fall risk** – Can you cross the road in time?
- **Using arms to stand up?** – This may signal leg weakness.
- **Stairs feeling harder?** – Time to focus on strength.
- **Taking smaller steps?** – Work on balance and confidence.

### ✓ LOOK AFTER YOUR SENSES

- **Get regular eye checks** – Poor vision increases fall risk.
- **Hearing matters too** – Not hearing hazards can lead to falls.

### ✓ IF A FALL HAPPENS

- **Always get checked** – Especially after a bleed or pain.
- **Ask: "Why did I fall?"** – Fix the cause to prevent another.
- **Use emergency tech** – Alarms and smartwatches save lives.
- **Practice getting up safely** – Train in a safe environment.

### ✓ GET SUPPORT

- **You're not alone** – Physiotherapists, doctors and family help.
- **Ask your care team** – They can guide safe exercises.
- **Stay social** – Movement + friends = motivation.

