

# Ten ways to **PREVENT FALLS**

## **1. Regularly engage in a variety of physical activity**

- Daily varied exercise helps maintain your ability to function and move.
- Exercise should also include balance and muscle strength training.

## **2. Remember good footwear**

- Sturdy, thin-soled and non-slip footwear are safe even in winter.

## **3. Remember to use anti-slip grips in slippery conditions**

- Anti-slip grips attached to the bottom of shoes help prevent slipping. Studded shoes are also convenient.

## **4. Make sure your home environment is safe**

- Sufficient lighting, even at night, makes it safer to move around inside.
- Clearing the walkways in your home of clutter reduces the risk of falling. Rugs with edges that don't make you trip and stumble create a safer home environment.
- It is also a good idea to place anti-slip grippers under slippery rugs

## **5. Make sure your home yard and its surroundings are safe**

- Smooth and well-groomed walkways in the yard and good gritting in the surrounding areas during the winter increase the safety of moving outside.

## **6. Remember to eat a variety of foods and often enough, also make sure you get enough fluids**

- At least three meals a day keeps blood sugar levels stable.
- Consuming enough fluids is important (1–1.5 liters per day).
- Eating dairy products every day is good for your bones.

## **7. Make sure you get enough vitamin D**

- A vitamin D supplement throughout the year ensures a steady supply of vitamin D.
- The recommendation for people over 65 is 20 micrograms per day.

## **8. Avoid excessive consumption of alcohol**

- The adverse effects of alcohol are magnified as a person ages.
- The weekly amount should not exceed seven portions.
- The amount of alcohol consumed at one time should not exceed two portions.

## **9. Remember to take care of your health**

- You should have a health check at least once per year.
- It is also important to have your eyesight checked regularly.

## **10. Make sure your medication is up to date**

- Some medication can increase the risk of falling.
- It is a good idea to check the need for medication at least once a year.

