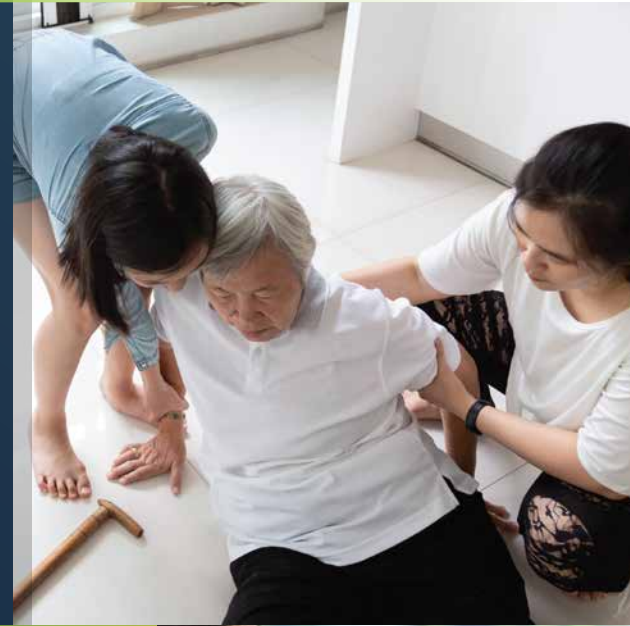


FACTS ABOUT FALLS

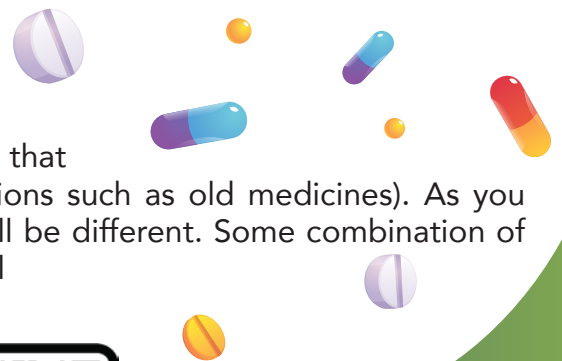


- Falls are one of the leading causes of fatal injuries and hospitalisations amongst the elderly
- Falls are costly (e.g. hospitalisation charges)
- It is a major threat to the independence and quality of life of older adults

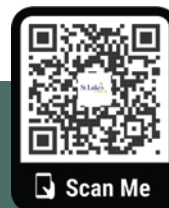


4 BASIC TIPS TO A 'FALL-FREE' LIFESTYLE:

- ✓ Have your vision checked
- ✓ Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision will increase the chances of falling
- ✓ Have your healthcare provider review your medicines
- ✓ Have your doctor or pharmacist look at all the medicines that you take (including the ones that don't need prescriptions such as old medicines). As you grow older, the way some medicines affect our body will be different. Some combination of medication will cause drowsiness, which can lead to a fall



Use this questionnaire to learn more about falls prevention tips and find out if you or your loved ones are at risk of falling
tinyurl.com/SLECFallrisk



Visit our falls prevention page to view our falls prevention video and info sheets
tinyurl.com/SLECFallprev

BEGIN A REGULAR EXERCISE PROGRAM

Exercise makes you stronger and reduces your chances of falling. Exercises that improve balance and coordination are the most helpful



MAKE YOUR HOME SAFER



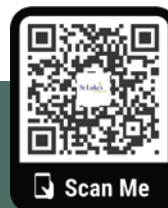
- ✓ Remove things that you can trip over
- ✓ Remove small rugs or use non-slip mats under rugs to prevent slipping
- ✓ Keep items that are used often within reach without using a step stool
- ✓ Have grab bars installed next to your toilet and shower area



- ✓ Use non-slip mats in the bathtub/shower floors
- ✓ Improve lighting at home. Brighter lights help you see better and lamp shades or frosted bulbs reduce glare
- ✓ Wear shoes that have good rubber, non-slip soles. Avoid wearing slippers or socks
- ✓ Have handrails and lights installed in all stairways (if applicable)

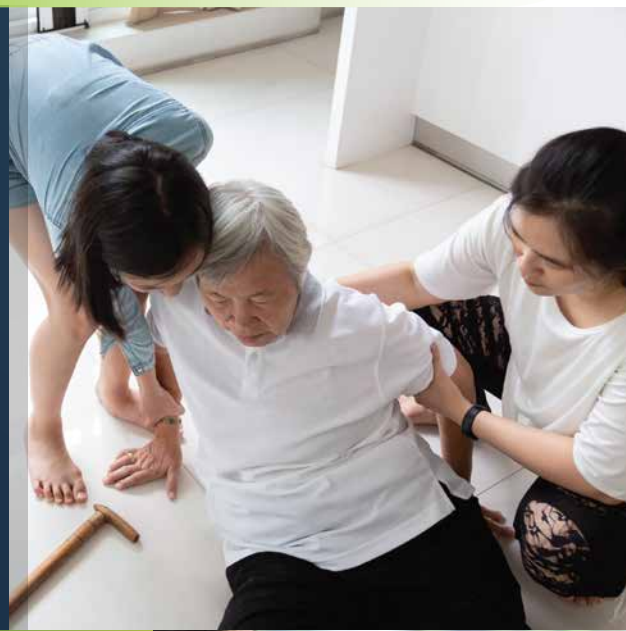


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关于跌倒的事实



- 跌倒是年长者致命伤害和住院的主要原因之一
- 跌倒的代价是昂贵的（住院费）
- 它对年长者的独立性和生活质量构成重大的威胁



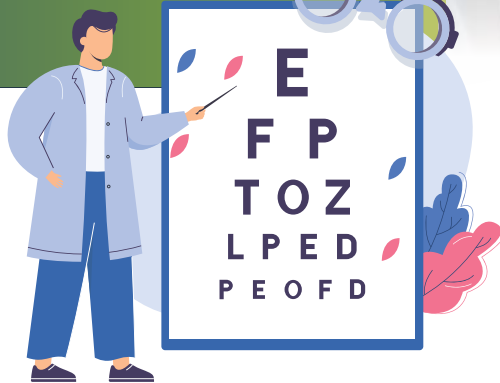
“避免跌倒”生活方式的基本提示

✓ 检查您的视力

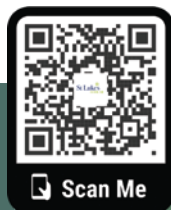
✓ 让眼科医生检查您的眼睛。您可能戴错了眼镜，或者患有青光眼或白内障等限制视力的疾病。视力不佳会增加跌倒的机会

✓ 让您的医疗保健提供者检查您的药物

✓ 让您的医生或药剂师查看您服用的所有药物(包括那些不需要处方的药物，例如旧药)。随着年龄的增长，一些药物对我们身体的影响会有所不同。某些药物组合会导致头晕，这也可能会导致跌倒



要知道自己或亲人有跌倒风险，
请使用此问卷
tinyurl.com/SLECFallrisk



请上我们防止跌倒网页
详细了解更多的智讯
tinyurl.com/SLECFallprev

开始一个 定期的 锻炼计划



让您的 家更 安全

锻炼让您更强壮，
减少跌倒...



- ✓ 清除会使您绊倒的物品
- ✓ 清除小地毯或在地毯下使用防滑垫以防止滑倒
- ✓ 将经常使用的物品放在没有障碍物旁边，可以随时触摸到
- ✓ 在厕所和沐浴区旁边安装扶手



- ✓ 在浴缸/沐浴区地板上使用防滑垫
- ✓ 改善家中的光线。更亮的光线可以帮助您看得更清楚，灯罩或磨砂灯泡可减少眩光
- ✓ 穿具有良好橡胶、防滑鞋底的鞋子。避免穿拖鞋或袜子
- ✓ 安装灯光和扶手在楼梯



Scan Me

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