STAY ON YOUR FEET®
Move  Improve  Remove

Visit www.stayonyourfeet.com.au or call 1300 30 35 40
FALLS ARE PREVENTABLE

As we get older, our body changes in ways which may put us more at risk of falling. These changes can happen as young as 40.

The good news is there are steps we can all take to prevent falls, keep our bodies healthy and stay active.
Moving your body will:

• Keep you standing tall and strong;
• Keep your bones and muscles strong;
• Keep you feeling good in body, mind and spirit.

Ask your doctor, health worker or physio about ways to strengthen your legs and improve your balance.

BUILD YOUR BALANCE

Good balance is the best way to prevent a fall. There are lots of ways to improve your balance by challenging it. You could try:

• Leaning to the front, back or side.
• Standing on one leg, stepping over objects or walking heel to toe.
STRENGTHEN YOUR LEGS

Strong legs help you prevent slips, trips and falls.

Tasks around the house and garden can help keep your muscles and body strong.

You could try standing up from your chair without using your hands to help strengthen your legs.
Improving Your Health

Looking after your health is important at all ages.

Improving your health means getting more out of community, family and culture and setting a good example for little ones.
A healthy, balanced diet and drinking lots of water is good for your body. Vitamin D and calcium can help keep your bones strong:

• Vitamin D comes from the sun. Spend time outdoors every day to keep up your vitamin D levels.
• Calcium comes from dairy foods like milk, cheese and yoghurt and green vegetables like spinach and green beans. Bush tucker like witchetty grubs and rock figs are also good sources of calcium.

Some people may also need to take supplements. Talk to your doctor if you are worried.
KEEP A HEALTHY MIND

A healthy mind will help you react to slips and trips fast and stay on your feet. There are lots of ways to keep your mind strong:

• Learn or teach culture
• Read and do puzzles
• Paint, dance or play music
• Play games with the grandkids
• Join in community activities
• Go out on Country
• Yarn with friends and family

Avoid grog and other drugs to make sure you can react to slips and trips in time and keep your inner spirit strong.
CHECK YOUR MEDICINES

Medicines can keep us strong. But they may also cause side effects.

Mixing medicines can cause side effects like feeling dizzy. Side effects increase the more medicines you take and put you more at risk of having a fall. This includes mixing western, herbal and bush medicines.

Talk to your doctor about the medicines you are taking. It is a good idea to take a list of your medicines to appointments. You can also ask your pharmacist for a medicine check.

If you start to feel pain, dizzy or drowsy, talk to your doctor.
Hazards around your home or community can cause falls. A hazard could be anything from a puddle on the ground, a loose power cord or even the dog.

MAKE YOUR HOME SAFER

Ask your family or friends for help to make your home safer:

• Remove rugs, mats, slippery tiles and objects from the floor.
• Move furniture like tables, chairs and couches to make more space to walk.
• Put your every day items where you can reach them easily.

Equipment like rails in the bathroom can help you to move around. Talk to your doctor or health worker if you would like to get your home checked.
WEAR SAFE SHOES

Walking in socks or thongs can cause falls. Wear shoes that:
• Have good grip
• Are flat (not heels)
• Fit well (not too big or small)

Diabetes and foot problems that cause pain can make it hard to walk and balance. A podiatrist (foot doctor) can help you stay on your feet.

GET YOUR EYES CHECKED

Get your eyes checked regularly by an optometrist (eye doctor). They can pick up on problems like cataracts and prescribe glasses to help you see better.

To help prevent falls at home you can:
• Turn on lights before walking into dark rooms.
• Mark the edges of steps and changing surfaces with bright tape or paint.
HOW I CAN STAY STRONG ON MY FEET

Things I need to do

Book an appointment to get my medicines checked

Find and join a local activity to help strengthen my legs
<table>
<thead>
<tr>
<th>People who can help me</th>
<th>I will do it by...</th>
<th>✔</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Pharmacist</em></td>
<td><em>Today</em></td>
<td>✔</td>
</tr>
<tr>
<td><em>Local Recreation Centre</em></td>
<td><em>July</em></td>
<td>✔</td>
</tr>
</tbody>
</table>
WHO CAN HELP YOU STAY ON YOUR FEET?

- Doctor
- Aboriginal Health Worker
- Pharmacist
- Occupational Therapist
- Physiotherapist
- Community Nurse
- Podiatrist (foot doctor)
- Optometrist (eye doctor)
- Fitness Instructor
- Home Care Provider
- Friends
- Family
“Standing Strong” by Nerolie Bynder Blurton

Wavy travel lines at the top with three colours of the earth represent the past, present and future of life.

The five spirits are people at different stages in life. Each spirit is on a different journey leading out in their own direction.

The middle spirit is standing very strong but also growing with the roots covering the place they are now. It represents how staying strong helped them stand strong, growing into the future.

The bottom travel lines, full with waterholes, are bumpy but are the places already travelled in life on the colours of the land.

To order this and other free Stay On Your Feet® resources visit www.injurymattersquickmail.com.au

For more information on how to prevent slips, trips and falls visit www.stayonyourfeet.com.au
Email: info@stayonyourfeet.com.au
Phone: 1300 30 35 40