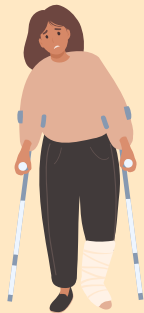


Falls Prevention

As we grow older, some people are more likely to fall than others. Preventing a fall is an important thing you can do to maintain your independence and safety as you get older. The physical and psychological trauma associated with a fall may impact a person's participation in simple daily tasks such as dressing, toileting and showering, and even going out.

Falls may result in



Fracture and/or head injury



Permanent disability or death

Personal Risk Factors

Certain medical conditions may result in impaired vision, weaker muscles, poor balance, stiffer joints and slower reaction, which may increase the risk of falls

- Stroke
- Parkinson's disease
- Arthritis
- Postural hypotension
- Incontinence
- Poor nutrition
- Diabetes
- Depression
- Dizziness

Are you at risk of falls?

Answering 'Yes' to any of the below may indicate a higher risk of falling:

- Have you fallen in the past 12 months?
- Do you avoid going out because you are afraid of falling?
- Do you feel like you are going to fall when standing up or walking?

Managing Falls Risk

Medication

Some medications have side effects, like sleepiness or dizziness that increase the risk of falling. Be aware of your medications and their side effects!



Speak to your doctor or pharmacist if you have any concerns

Nutrition

Eat a balanced diet which includes calcium, vitamin D and protein to keep your bones and muscles strong



Most adults aged 65 years and above should consume 1000mg of calcium a day. Consider adding a glass of milk or yogurt daily



Most adults aged 65 years and above require 800 units of Vitamin D every day. You can get vitamin D from sunlight and food rich in vitamin D

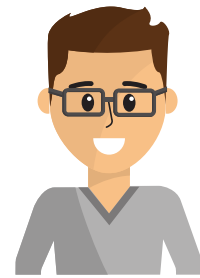


Protein is important for muscle formation. Ensure you have some protein rich ingredients, such as eggs or lean meat or fish, in every meal

Follow your doctors and/or dietitians individualized advice

Eyesight and Hearing

Good eyesight and hearing is essential for safe mobility. Wear glasses and hearing aids as instructed to minimise your falls risk. Check your eyesight and hearing regularly so any problems can be addressed early on.



Modifying your home

Keep your house clean and bright!



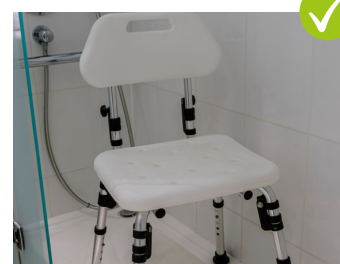
Clear all trip hazards such as children's toys, carpets and loose electrical wirings



Ensure good lighting throughout the house

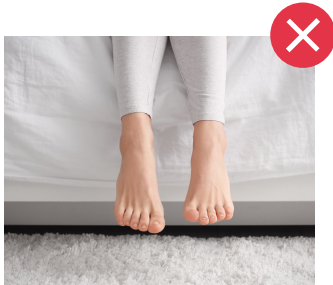
Bathroom Modifications

To minimise risk of falls in the bathroom use slip-resistant treatment, and floor mats, install grab bars near the toilet and shower, and use a sturdy chair with non-slip rubber tips.



Bedroom Modifications

To minimise risk of falls in the bedroom use a light for night time toileting, use a firm mattress, ensure your feet reach the floor before standing from your bed and chair, and Install a bed rail to prevent rolling off the bed



Living Room Modifications

Select firm furniture that is not too low and arrange it so there is enough space to walk around and for assistive equipment to be placed within reach when seated



Kitchen Modifications

Keep your kitchen safe by cleaning up any spills on the floor immediately and avoid standing on tabletops/chairs to reach high cupboards. Keep commonly used items at an accessible height. Consider using coloured strips to improve visibility of steps and kerbs



Enhancement for Active Seniors (EASE)

Singapore citizens aged 65 and above who stay in HDB flats can apply for government subsidy for home improvement items such as grab bars, ramps and non-slip flooring.



Scan the QR code for more details!

Consult your Occupational Therapist for individualised home safety advice

Small changes can make a big difference!



Wear well fitting shoes with a flat base and non-slip soles.



Use proper walking aid set at the appropriate height by a therapist

Stay Active, Age Healthy!

Regular exercise improves health and wellbeing, enhancing balance, muscle strength, and flexibility for safe movement inside and outside the home. Most adults should aim for 150 minutes of exercise a week!



7 Easy Exercises to an Active Lifestyle

The Health Promotion Board has prepared a groups of 7 exercises that can be done 3 times a week to help work towards a healthy and active lifestyle

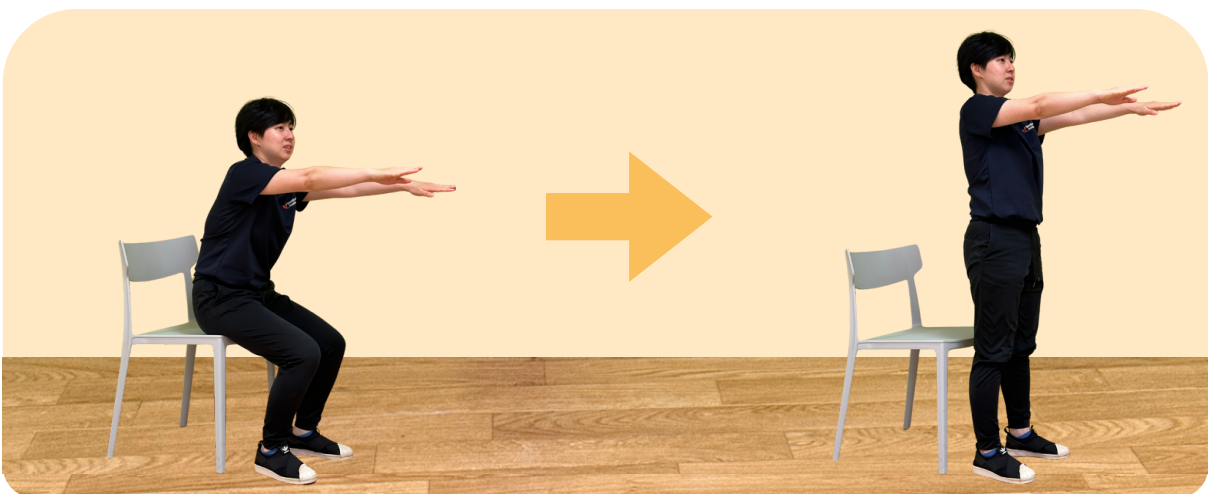


Scan the QR code for more details!

1 Warm Up: Stationary March with Arm Swing



2 Sit to Stand



3 Standing Hip Extension



4 Side Leg Raise



5 Single Leg Stand



6 Triceps Stretch



7 Cool Down: Standing Quadriceps Stretch



The Otago Exercise Program

The Otago exercises are a group of 17 strength and balance exercises and a walking program that aims to reduce falls in older persons.

Scan the QR code for more details!



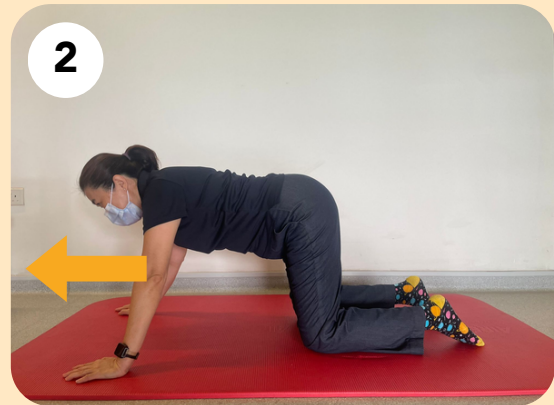
Consult your therapist what exercises area suitable for you and to help you get started

Getting Up from a Fall

Follow these steps to help you get up if you fall



1 Roll onto your side



2 Crawl towards a sturdy chair



3 From a kneeling position, put your arms up onto the seat of the chair



4 Bring one knee forward. Place that foot on the floor



5 Push up with your arms and leg and turn your body around.



6 Sit down. Rest before trying to move

What to do after you fall

If you or a loved one has had a fall, do not panic. Please seek help from the appropriate medical service as necessary

Kindly call 995 for an ambulance if the person experiences one or more of the symptoms below after falling:

- Loss of consciousness
- Severe pain
- Difficulty in breathing
- Clear fluid or bleeding from the ear or nose
- Serious or visible injury to the head, neck, thighs or hip
- Difficulty getting up or moving body/limbs



Kindly seek medical attention at your family doctor if the person experiences one or more of the symptoms below after the fall:

- Persistent pain
- Nausea or vomiting
- Dizziness or persistent headache
- Confusion
- Blurring of vision
- Tingling sounds in the ears
- Generalised weakness
- Altered sensation to arms or legs
- Unsteady walking

