

## Information following a fall at home

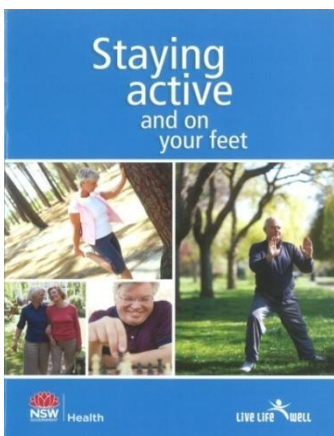
**One in three people over 65 living in the community will have at least one fall during the next 12 months. Many fall more than once. This can lead to a loss of confidence and independence.**

### Seek medical attention after a fall if you:

- take anticoagulant medicines (blood thinners) as you may be at increased risk of injury and bleeding
- have a headache that gets worse, or will not go away
- feel dizzy or faint
- are nauseated or are vomiting
- have blurred vision or slurred speech or saying things that don't make sense
- feel increasingly sleepy, restless, confused, agitated, a change in behaviour
- have increased pain
- cannot move part of your body, or have increased clumsiness or balance problems.

### After a fall, visit your GP to discuss:

- exercise that is best for you to reduce falls
- how to improve your mobility
- how to manage chronic health conditions
- your medications (that might lead to a fall)
- bone health
- if you need vitamin D
- any vision problems
- any foot pain or problems



### ***Staying Active and on Your Feet*** booklet

- Health and lifestyle checklist
- How to get up from a fall
- Exercises to do at home
- Home safety checklist

For a copy of the booklet and **to find an exercise program close to you**

Visit: [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

