

STAY ON YOUR FEET[®]

Falls can be
prevented



One in every three people over the age of 65 years will have a fall. However, falls are not a normal part of ageing.

Department of Health
and Human Services



Checklist

to determine your risk

Yes ☒

- Have you had a fall in the last year? ☐

Having previously fallen increases your chance of falling again.

- Do you do less than 30 minutes of physical activity a day? ☐
- Are you unsteady on your feet, do you find it difficult to get up from a chair or do you have trouble walking? ☐

Many falls are the result of muscle weakness and/or impaired balance.

- Are you taking three or more medicines? ☐
- Are you taking sleeping tablets, tranquillisers or anti-depressants? ☐
- Has it been more than 12 months since your GP reviewed your medicines? ☐

Some side effects and combinations of medicines can increase your risk of a fall.

- Do you have diabetes, arthritis or Parkinson's Disease? ☐
- Have you had a stroke or do you have problems with your heart or circulation? ☐
- Has it been more than 12 months since your eyes were tested or your glasses checked? ☐
- Do you experience dizziness, light headedness, unsteadiness, drowsiness, blurred or double vision or have difficulty thinking clearly? ☐

Many health conditions can increase your risk of falling.



What does your score mean?

If you answered **‘yes’** to one or more of these questions you are at risk of falling. The good news is that there are steps you can take now to reduce your risk. Discuss your checklist results with a health professional.

If you answered **‘no’** to all of these questions, but are aged 65 or over, you should still take falls seriously and take action to stay mobile and independent.

To find out how to prevent falls get a copy of the free “Don’t fall for it – Falls can be prevented” booklet. *Details on back.*

Falls

can be prevented

If you are concerned about falling, the important thing to remember is that falls can be prevented. Having some concerns about falling can also help stop you from performing activities with a high risk of falling and chance of injury.

However concerns about falling can become a serious issue when they restrict your ability and confidence to perform every day activities.

Having a **falls action plan** can help to give you more confidence in preventing falls as well as prepare you in the event of a fall.

If you live alone, it is important to let someone know when you are feeling unwell or if you have a fear of falling. Consider how a family member or neighbour could gain access to your house quickly in the event of an emergency, such as using a spare key.

Having a personal alarm system or keeping a mobile or cordless phone on you at all times is helpful. A personal alarm works by pushing a button on a special pendent worn around your neck or wrist in an emergency. Help will soon arrive to assist you. For more information about personal alarms call:

- **Independent Living Centre 1300 885 886**

Other contacts:

- **Commonwealth Respite and Carelink Centre 1800 052 222**
- **Red Cross (Wellbeing Calls) 1300 885 698**
- **Red Cross (Home Alarm Service) (03) 6235 6050**

Your GP or health professional can help you to prevent falls

If you are living in your own home, speak to your GP or a health professional about whether you are able to access the following services.

Falls Prevention Activities and Resources

Falls prevention information, activities and resources assist in preventing falls and injuries from falls in older people who have experienced a fall or are at high risk of falling. Regional contacts:

Launceston Community Health Centre
(03) 6336 5155

North West Regional Hospital (Physio)
(03) 6430 6609

Mersey Community Hospital (Physio)
(03) 6426 5189

Community Allied Health Services (South)
(03) 6222 7280

Aged Care Assessment Team (ACAT)

An ACAT assessment will determine which services you may be able to access to help you cope with daily living activities at home. You will be visited at home by a trained health professional from the local ACAT team.

North – (03) 6336 4144

North West – (03) 6429 8400

South – 1800 260 464

Home and Community Care (HACC)

The aim of the HACC program is to help you stay at home by providing a range of basic support and maintenance services such as cleaning, gardening, personal care, community support and transport.

TasCarePoint – 1300 769 699

Department of Veterans' Affairs (DVA)

To check if you are eligible for DVA falls prevention services call:

Veterans' Home Front Services 1800 651 168

Veterans' Home Maintenance Services
1800 801 945



Additional Stay On Your Feet® information
can be viewed online at
www.dhhs.tas.gov.au/stayonyourfeet

Information has been adapted from the Australian Council
for Safety and Quality in Health Care (2009). *'Preventing falls
and harm from falls in older people. Best practice guidelines for
Australian community care, hospitals and residential aged care'*.

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