

Fall Prevention

in Older People



- Have you had a fall recently?
- Are you more than 65 years old?
- Do you take sleeping tablets?
- Is walking becoming harder?
- Do you have problems getting to the toilet on time?
- Do you have trouble with your eyesight?
- Do you have painful feet?
- Do you ever feel faint or dizzy?
- Do you have low vitamin D levels from spending little or no time in direct sunlight each day?
- Are you afraid of having a fall?

If you answered yes to any of these questions, you may be at risk of having a fall. Luckily, many falls are preventable. Ask your health professional for more advice on preventing falls.

Source: Queensland Health 2002