



Key Factors Causing Falls

Top Tips to Reduce the Risk

1



Muscle strength and joints

Regular physical exercise strengthens muscles, at any age. The recommended activity level is 30 minutes, five times per week; gardening, housework, cycling and daily walks all count.

Experts also advise twice weekly muscle strengthening and balance exercises for the over-65's. See the "Exercise's for Strength & Balance" leaflet enclosed.

Rushing to the loo

Remind the individual that if they are in a hurry, especially in the dark at night, it can make falls more likely. See the enclosed "Light Your Way" leaflet to learn more about reducing falls in the dark. Think about using 'reminders' to go to the toilet so it is not left to the last minute and rushing is avoided.

Incontinence can be improved and sometimes cured. Advise them to talk to a continence nurse or physiotherapist if needed.

2



3



Multiple Medications

Some common medications are associated with dizziness, cause drops in blood pressure when standing up, or drowsiness, all of which can increase the risk of falling. See the enclosed "Medications" leaflet to learn more about how they can impact falls.

Ensure the individual talks to their GP if they are experiencing any of these symptoms. They can ask if their medication can be adjusted.

Eyesight Changes

Ageing can decrease contrast sensitivity, which makes it harder to see the edge of steps and curbs, alter depth perception and cause visual disturbances, all of which make a person more likely to fall. See the enclosed "Visual Awareness" leaflet to learn more.

Ensure the individual has a sight examination yearly and remind them to not rely on supermarket reading glasses. Contact Specsavers for free advice:

Visit: [specsavers.co.uk](https://www.specsavers.co.uk)
Call: 0800 198 1132
*Other optometrists are available.

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5



Alcohol

As we get older, drinking alcohol results in higher blood alcohol concentration than drinking the same amount when we were younger.

Older people are more likely to experience unsteadiness after drinking alcohol. Where possible advise on reducing the amount of alcohol consumed. For advice on how to reduce alcohol intake:

Visit: [drinkaware.co.uk](https://www.drinkaware.co.uk)
Call: 020 7766 9900

