

Strategies to avoid falls

Strategy	How it is done
Exercise	<p>Physiotherapists can assist with a falls prevention program and advise on programs run in the community.</p> <ul style="list-style-type: none">• Supervised Resistance Training to strengthen muscles (this can also give confidence and reduce the fear of falling).• Balance exercises, for example, heel-to-toe walking, Tai Chi, standing on one leg.
Medical Review	<ul style="list-style-type: none">• Doctor to review any conditions or medicines that may be causing poor balance or dizziness.• Doctor may recommend a visit to an optometrist to correct vision and/or a podiatrist for proper footwear.
Around the home	<ul style="list-style-type: none">• Occupational therapist can conduct a home audit and suggest important changes to the home environment (and may recommend walking aids if needed).• Use a 'home checklist':<ul style="list-style-type: none">• Install handrails on steps and in bathrooms (beside toilet, shower, baths).• Non-slip strips on stairs and non-slip mats in bathroom.• Ensure rooms are well lit.• Ensure edges of rugs and mats are flat or remove altogether.• Secure electrical cords and remove loose cords from walkways.• Ensure regularly used items in kitchen are within easy reach.• Maintain outside paths.
Nutrition	<ul style="list-style-type: none">• Improving nutrition can assist muscle strength. This includes adequate calcium and vitamin D levels.