

“You can avoid falls by making small changes around your home.”



A mature approach to avoiding falls.

*Noeline Brown*  
AMBASSADOR FOR AGEING



AMBASSADOR FOR AGEING

*Noeline Brown*

As we age we start to notice that some things aren't what they once were, like our eyesight and hearing.

But did you know that our sense of balance also changes as we get older? Sometimes we don't feel so steady on our feet. In fact, older Australians are more likely to have a fall than a motor vehicle or pedestrian accident.

Unfortunately falls are the leading cause of injury related deaths and hospital admissions. The majority of cases of falls-related deaths and hospitalisations affect people aged over 65 years. About one-third of people over 65 fall each year.

For more information visit:  
[www.health.gov.au/ambassadorforageing](http://www.health.gov.au/ambassadorforageing)  
or call the Aged Care Information Line on  
**1800 500 853**

**Here you will find more useful information on:**

- Staying in touch with family, friends and the wider community;
- Remaining physically active; and
- Good nutrition.

*Noeline Brown*  
AMBASSADOR FOR AGEING  
promoting positive & active ageing



**Australian Government**  
**Department of Health and Ageing**



Noeline Brown is the Ambassador for Ageing and is passionate about promoting positive and active ageing within the community.

As the Ambassador for Ageing, Noeline promotes internationally recognised principles of positive and active ageing; communicates healthy and active ageing messages to the community and leads activities to ensure our communities value and respect our older people.

“There are people  
aside from family  
and friends who  
can help you.”

*Noeline Brown*  
AMBASSADOR FOR AGEING



### Falls can cause serious injury

Falls are also the most common reason for premature admission to residential aged care so preventing falls can enable you to stay in your home and remain independent.

Some types of medications or combinations of medications may also increase your risk of falling. If you experience side effects such as drowsiness or dizziness discuss it with your GP or pharmacist.

Exercise, like Tai Chi, that improves strength and balance has been found to be effective in preventing falls. Most falls happen in the home but you can reduce your risk of suffering a serious fall by taking a few simple precautions.

### Inside your home:

- Ensure there is adequate lighting inside the house, use plug-in lights and install movement sensitive lights near bathrooms and stairs;
- Make sure hallways are kept clear;
- Repair or replace worn carpets;
- Check that mats and rugs are secure and don't slide;
- Make sure that chairs and beds are sturdy and easy to get into and out of;
- Check that internal and external doors can be locked, unlocked, opened and closed easily;
- Wipe up spills immediately;
- Install grab rails in the bathroom; and
- Wear comfortable, firm fitting shoes with grip soles.

### Outside your home:

- Put garden tools away when you're finished with them;
- Remove mosses, fungi and lichen that can make garden paths slippery;
- Mark the leading edge of your steps so it is easy to see;
- Make sure steps and pathways are well lit;
- Keep paths swept and clear; and
- Repair broken, cracked or uneven paths, pavers, concrete and patios.

### *Getting support*

This may seem like a lot of work, but there are people aside from family and friends who can help you improve the safety of your home.

Your local council or community health centre can help under the Australian Government's Home and Community Care Program. They will arrange for someone to meet with you, in your home, and offer support depending on your needs. This includes services such as housekeeping and home maintenance.

These small changes could give you years of safety and independence in your own home.