



**WARNING!
OSTEOPOROSIS**

REDUCE YOUR RISK OF FALLS AND FRACTURES

In anyone with poor bone health due to osteoporosis, even a minor fall from standing height can result in a broken bone.

Learn how you can reduce your risk of falls by safe-proofing your home and becoming stronger and steadier on your feet.



Accidental falls are common. Thirty per cent of adults aged 65 and over fall annually and 6% will suffer injuries as a result¹. Half of all falls occur around the home.

There are useful tips to help prevent falls. This is important to reduce your risk of falling which may lead to broken bones in people living with osteoporosis.

Don't let broken bones threaten your independence.



Medical Review

- Doctors to review conditions and medications that may be causing poor balance or dizziness (for example low blood pressure)
- Foot problems may require a visit to a podiatrist for supported footwear
- Vision issues may require a visit to an optometrist.



Exercise

- Physiotherapist can assist with
- balance training and a falls prevention program
 - supervised resistance training to strengthen muscles (this can also give confidence)
- Refer to balance exercises flyer*



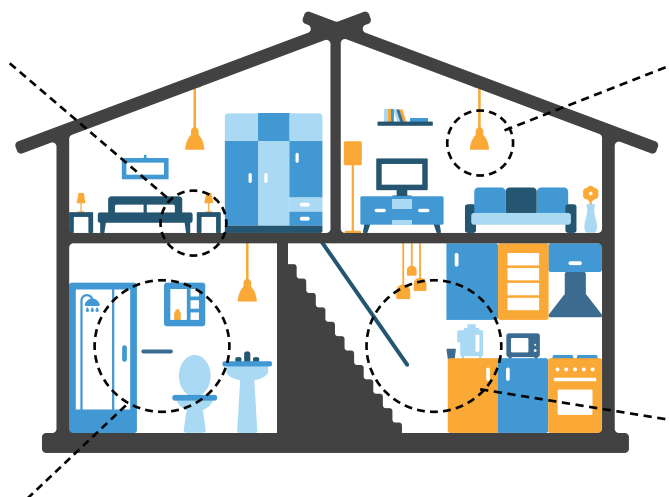
Nutrition

- Improving nutrition can improve muscle strength which is important to remain steady on your feet.
- Adequate protein is important
- Adequate calcium and vitamin D levels are important.

HOW TO FALL-PROOF YOUR HOME

An occupational therapist can conduct a home audit and suggest important changes to the home environment (and may recommend walking aids if needed).

- **Remove objects** that cause tripping such as loose cords
- **Ensure mats** are firmly affixed, repair loose carpet or raised areas on the floor
- **Move** furniture out of walking paths
- **Be aware** of raised doorways
- **Use non-slip** strips on stairs
- **Install handrails** by the bathtub, shower, toilet
- **non-slip mats** (and watch out for slippery, wet surfaces)



- Keep your home **well lit**, especially hallways, stairways, and outside walkways
- **Add** extra light switches or use motion sensors
- **Hold on to handrails** and ensure they are stable and secure
- **Wipe up** any spills immediately
- Keep regularly used kitchen items at an **easy-to-reach level**