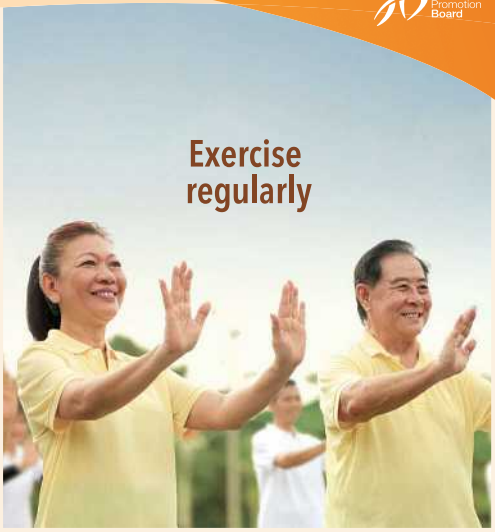
YOU CAN
AGE WELL

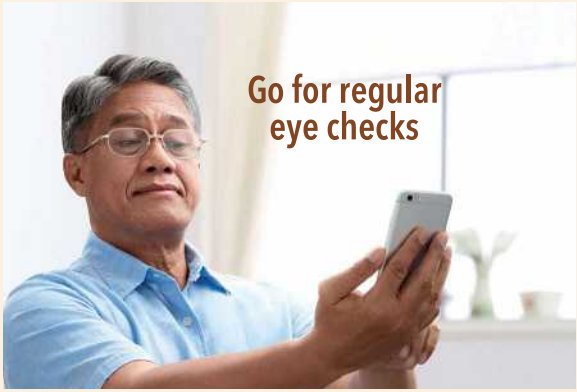
Health Promotion Board





YOU CAN PREVENT FALLS

• GUIDEBOOK •







Enjoy Life Without Falling

Get more from life by staying mobile and independent. Learn about the risk of falls and take steps to prevent them.

This is a guide on how you can reduce the risk of falls and keep yourself in shape so that you can enjoy your golden years.

Are you at risk of falling? Put a (√) next to the question if your answer is yes:

Question	Yes
Have you fallen in the past 12 months?	
Do you avoid going out because you are afraid of falling?	
Do you feel like you are going to fall when standing up or walking?	

Source: Alexandra Health System

If you are 65 or older and have answered 'Yes' to any of these questions, you may be at higher risk of falling. **You can prevent falls!** Take steps to reduce your risk of falls with these 5 easy tips.

If you have fallen or have come close to falling, talk to your doctor for a further falls risk assessment.

Reduce Your Risk Of Falls With These 5 Easy Tips

TIP 1

Keep Your Home Safe And Neat

The home is where you spend most of your time. It's also the most common place for falls among seniors.

Complete the Home Safety Checklist on pages 2 to 6 and learn simple steps to make your home safer.

Home Safety Checklist

All Rooms

☐ Remove all loose mats or ensure they are firmly secured with slip-resistant backing.





Home Safety Checklist

All Rooms

☐ Clean up all spills. Keep your floor dry at all times.





☐ Place commonly used items on shelves that can be easily reached. If you need to get an item from a high cabinet, get someone to help you.





All Rooms

- [ ] Bundle up wires and tuck them against the wall.





- [ ] Make sure all rooms are well-lit.





Home Safety Checklist

All Rooms

- [ ] Keep floors free of clutter and maintain clear paths for walking.

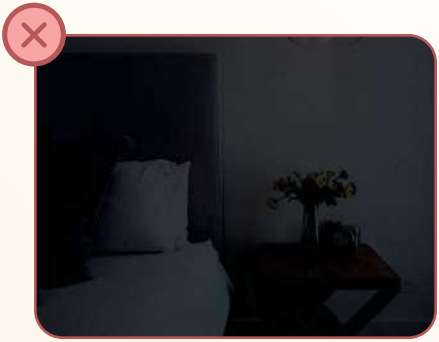




Bedrooms

- [ ] Keep a bedside lamp that you can easily switch on at night.





Bathrooms

- [ ] Install grab bars for extra support.





Subsidy Available

Singapore citizen households can enjoy government subsidies for home improvement items under the Enhancement for Active Seniors (EASE) programme. Visit **go.gov.sg/hpbfalls-ease** or call **1800-225-5432*** between 8am and 5pm on weekdays for more information.

*Airtime charges apply for mobile calls to 1800 service lines.

TIP 2 Exercise Regularly

Stay active. Aim for 150 minutes of physical activity weekly. In addition, do strength and balance exercises (e.g. Tai Chi and Qigong) at least twice a week.

If you are not sure which physical activities you can do, please consult your doctor.

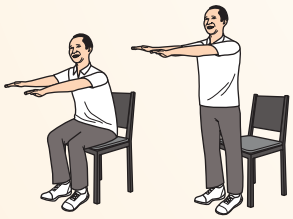
Try these 7 Easy Exercises

Warm-up

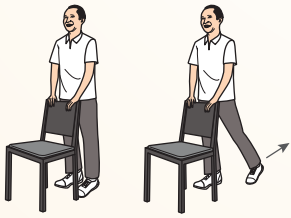


1. Stationary March with Arm Swing/Seated March

Strength Exercises

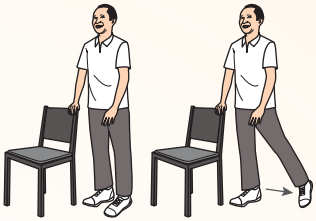


2. Sit to Stand

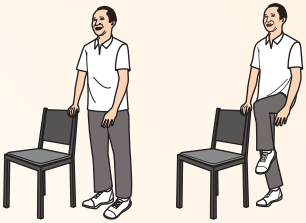


3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



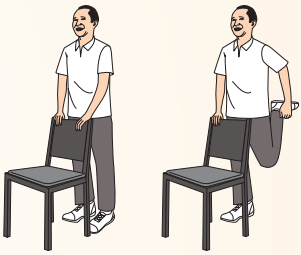
5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch



Do these exercises twice a week.

Download your free exercise video at **www.HealthyAgeing.sg/Exercise**

TIP 3

Keep Your Bones Strong

Strong bones will not break easily. Get enough calcium intake and sunlight exposure every day to keep your bones strong!

Did you know?

Adults aged 51 and above require at least 1,000 mg of calcium every day. Based on an average Singaporean diet, you are already taking about 700 mg of calcium every day. To have enough calcium, aim to **add 1 more calcium-rich food to your daily diet.**



Have 1 more of these calcium-rich foods a day:



1 glass of high-calcium low-fat milk (250ml)



1 glass of soybean milk with Healthier Choice Symbol (250ml)



2 pieces of canned low-sodium sardines (140g)



2 tbsp of non-fried ikan bilis



2 square pieces of taukwa (200g)



1 cup of cooked soy beans (180g)



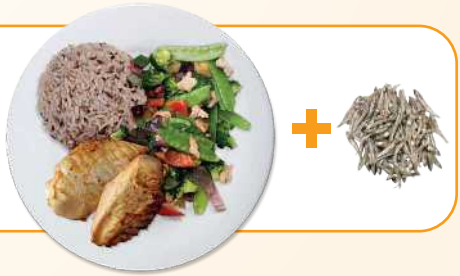
1 small tub (150g) of low-fat yoghurt



1 slice of cheese (20g)

Try this

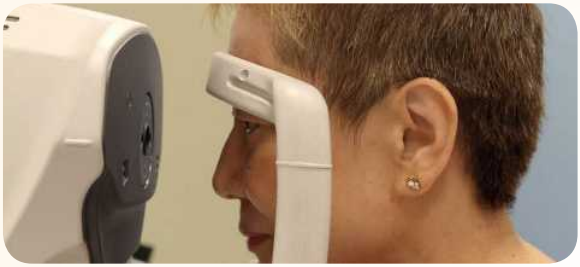
Enjoy some ikan bilis with your meal to give yourself a calcium boost!



TIP 4

Go For Regular Eye Checks

Visit an eye-care professional once a year to check your eyes. This will help ensure that you are not wearing glasses with the wrong prescription or suffering from any eye conditions such as glaucoma or cataracts.



TIP 5

Wear Well-Fitting Non-Slip Shoes

Wear well-fitting, non-slip shoes when you go out, even if it is a walk to the market.





What Should I Do If I Fall?



1

Call for help. If you are in extreme pain or feel giddy, do not try to get up.



2

If you feel strong enough, roll over and bring your elbows under your shoulders.



3

Bring your knees towards your chest and crawl to a chair.



4

Put your hands on a chair and push into a kneeling position.



5

Stand up, turn and sit on a chair. Let your family members know that you fell.

Source: Alexandra Health System



For more information,
contact Healthline **1800 223 1313***
or visit **www.HealthyAgeing.sg/FallsPrevention**

An initiative under the Action Plan for Successful Ageing

*Airtime charges apply for mobile calls to 1800 service lines.