

Let's talk about falls

STAYING SAFE STARTS WITH A CHAT



Falls don't just happen. Watch for signs that increase your risk of falling. These signs are:



Feeling unsteady
on your feet



Feeling unwell or
signs of injuries



Using furniture
to support you



Feeling more
confused

If you are concerned about these changes:

- Talk to your doctor or nurse about any changes to reduce your fall risk
- A quick chat can help spot fall risks and make you safer
- Getting help early can help you stay active and independent

APRIL FALLS MONTH

 **NSW
Fall Prevention
& Healthy Ageing
Network**