

Falls Prevention Awareness Week, with a theme of "From Awareness to Action," is September 18-22, 2023.

Allied health professionals within Renfrewshire Health and Social Care Partnership work in partnership with people in private, public third sector organisations.

We have the following lifehacks to help raise awareness and help you take action to improve your health and well-being.

1. Keeping active and exercise –

Daily to increase strength and balance, and don't sit for too long.

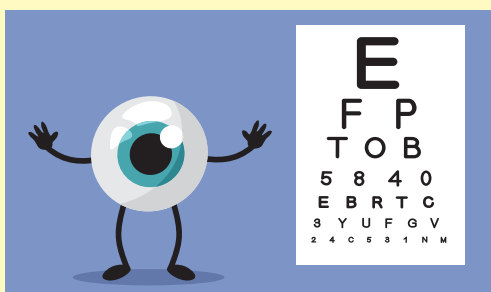


2. Medication review –

If you think your medicines are making you dizzy or confused, please contact a Pharmacist for advice. Pharmacists are available in Community Pharmacy and GP practices.



3. Arrange an eye test –



4. Moving safely –

Check you have enough space to move around safely and there are no tripping hazards. If you use a walking aid check that it is in good working order and that the rubbers are not worn.



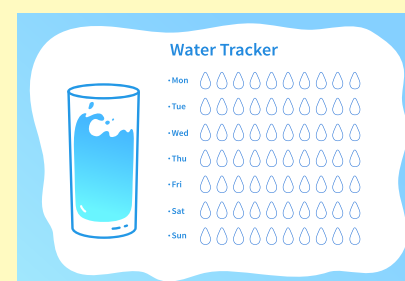
5. Look after your feet –

Ensure you are wearing appropriate footwear and you look after your feet.



6. Nutrition and diet –

Eat well and ensure you drink plenty of water to keep hydrated.



If you would like more information, please have a look at the following links:

<https://www.renfrewshire.hscp.scot/Falls>

<https://www.nhsinform.scot/healthy-living/preventing-falls/why-falls-matter>

<https://managemeds.scot.nhs.uk/for-patients-and-carers>