

STAY

STEADY & INDEPENDENT

Simple things you can do to stay steady on your feet and reduce your risk of falling

S Slippers, Shoes, footwear and clothing



Wear well fitted and supportive footwear. Look after your feet and report any foot problems.

T Tablets and Toilet



Speak to your pharmacist or GP if your medication is making you feel dizzy, sleepy, lightheaded or unsteady. Allow plenty of time to get to the toilet and clear your path of tripping hazards. If you're always having to rush speak to a health professional for further advice.

E Eyes and Ears



Book in for regular sight and hearing tests and wear your glasses correctly. Speak to your GP if you have ear pain or hearing difficulties – ear problems can affect your balance.

A Active



Take part in exercise and activities that challenge and improve your balance and strengthen your legs – it's never too late to start!

D Drinking and Diet



Eat a healthy, balanced diet. Make sure you drink enough fluids and reduce the amount of alcohol you drink.

Y You and Your Home



Make sure your home is well lit and free from trip hazards. Keep up to date with blood pressure checks, medical treatment when needed, home hazard checks, appropriate provision and use of equipment.

For more practical information to help you stay steady, visit www.healthystockport.co.uk and search Preventing Falls, or scan the QR code

