

Keeping Steady



Simple Tips to Prevent Falls



At Home or in Your Room

Keep walkways clear

Make sure lighting is bright enough

Use night lights if needed

Footwear

Wear well-fitting shoes with non-slip soles

Avoid loose slippers or walking in socks

Moving Safely

Stand up slowly from chairs or bed

Take your time when turning

Use walking aids if they help you feel steadier

REMEMBER

- ✓ Falls are common
- ✓ They are not your fault
- ✓ Many risks can be reduced
- ✓ Small changes can help you stay safe and independent

