



### Good vision

- I have my eyes tested every year.
- I clean my glasses every day.
- I make sure that there is always enough light in my home.



### Feet and shoes

- I take good care of my feet, or have a pedicurist do that for me.
- My shoes are sturdy. They fit me properly and do not have a high heel.
- My slippers always fit snugly on my feet.
- If I experience pain or other problems with my feet, I call my GP or podiatrist.



### Safe home

- Cables and wires are properly secured or tucked away.
- I have non-slip floors everywhere, including in the bathroom.
- My rugs have a non-slip backing.
- I keep the stairs clear of items.
- My walker is properly adjusted to suit me, and I know how to use it.



## Do you know whether you are at a higher risk of falling?

- |   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| > Have you fallen in the past 12 months?                          | <input type="checkbox"/> | <input type="checkbox"/> |
| > Are you worried about falling?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| > Do you have difficulty moving, walking or keeping your balance? | <input type="checkbox"/> | <input type="checkbox"/> |

No to all questions

Yes to one or more questions

Low risk of falling

High risk of falling

# You have a high risk of falling

Fortunately, there are things you can do about this. Make an appointment with a health care provider such as your GP, physiotherapist or district nurse. They can help you to reduce the chance of a fall.

I will make an appointment with:

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Once you have made the appointment, read through the checklist to see what you can already do yourself.

# You have a low risk of falling

That's good news! Stay active and do balance and strength training to keep fit.

To ensure good fitness, it is important to exercise for at least thirty minutes per day and to train in balance and muscle strength. By doing so, you can stay fit and keep your muscles flexible. This will ensure that you are less likely to fall.



## Tip 1

Exercising with others is much more fun! The municipality provides exercise activities that you can participate in.

## Tip 2

Watch the TV programme 'Nederland in beweging!' (Netherlands in motion!) and join in. It appears every weekday on NPO2 at 9:15 a.m. and NPO1 at 10:15 a.m.

## Tip 3:

Read through the checklist and find out what else you can do to prevent a fall.

## Checklist

# How to stay upright and prevent a fall.

What are you already doing to prevent a fall?



## Balance & muscle strength

- I exercise every day to improve my balance and train my leg muscles.
- I make sure that I don't sit for too long at a time.
- When I stand up, I pause for a moment before walking. I tense my leg muscles first, and wait until I am no longer dizzy.



## Medications

- I know exactly which medications I am taking.
- I know whether my medications make me more likely to fall.
- When I receive new medications, I always ask if they are safe to take with my other medications.
- Every year, I ask my GP or pharmacist to review my medications.



## Tasty and healthy food

- I know what vegetables, fruit and other types of food I need to eat every day.
- I make sure to eat enough proteins. I can get these from meat, fish, milk, cheese, eggs, bread, legumes and nuts.
- I know that my GP can do a test to see whether I need extra vitamin D.
- I drink enough water every day.