



Staying stable, being able

TAKE ACTION NOW!

Don't become another statistic!

Are you aged 65+?

Find out how to make living well a little easier.

Visit www.healthandcareleicestershire.co.uk/staying-stable to complete your individual assessment.

What are you waiting for?

You can learn how to reduce your risk of falling, get more active, improve your health and your social life.

Many falls and trips are preventable - by making the most of the free advice available to you about staying stable and being able - you can stay independent and get on and enjoy life.

This programme is so good for me! My strength and balance have improved and it's got me meeting new people and learning about how to stay well.



Reg's story

Reg is 74 and lives with his wife. They had both noticed that Reg was walking a shorter distance every day but never considered it to be a problem, given his age...

"I'm a fairly active chap and never considered myself to be one of those people who fall over and injure themselves - that is what older people did. I picked up one of the leaflets about the Falls Prevention support service and suddenly realised this was aimed at me!

I filled in the self-assessment and was surprised to learn that I was likely to fall and hurt myself in the near future. I was provided with advice and exercise suggestions designed to make falling over less likely. I learned that by making small changes around my home such as moving rugs and changing my shoes, I could make a huge difference to the likelihood of me falling over. I was advised to ask my GP for a review my medicines to make sure they were not making me sluggish and arrangements were made for me to see a specialist therapist for further advice and assessment.

I always read about how many people fall at home then end up in hospital and some never make a full recovery. I know it's up to me to put all I have learned into practice, but I'm determined not to become another falls statistic."



I'm determined not to become a falls statistic - and now I know how!

For more information

**[www.healthandcareleicestershire.co.uk/
staying-stable](http://www.healthandcareleicestershire.co.uk/staying-stable)**

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