



# Helping you avoid falls

**Fall prevention is an important, everyday issue.**

As we get older, physical changes and health conditions – and sometimes the medications used to treat those conditions – make falls more likely. Sight loss also increases the risk of falling.

However, by following our tips overleaf you are taking charge of your situation. Taking these positive steps can make you feel more confident and less fearful of the future.

**Don't let fear of falling rule your life.**

**RNIB**

supporting blind and  
partially sighted people

## **1. Talk to your GP about the risk of falls**

Especially if you're taking medication.

## **2. Keep moving**

Gentle exercise helps build strength and reduce the risk of falls.

## **3. Look after your feet**

Report any foot pain or loss of sensation to your GP or nurse.

## **4. Wear sensible shoes**

Well-fitting, non-slip shoes are a simple way to reduce falls.

## **5. Remove home hazards**

Half of all falls happen at home. Remove obstacles to make your home safer.

## **6. Make things brighter by improving your lighting**

Older eyes need better lighting. A small change can make a big difference.

## **7. Make things bolder**

Colour contrast, especially on edges and doors, can help you get around safely.

## **8. Use assistive devices**

The right device can help you get out and about and avoid trips and falls.

## **9. Maintain a healthy, balanced diet**

Keeping your strength up helps maintain your balance and reduce falls.

## **10. Stop smoking**

Smoking leads to weaker bones, as well as being bad for your health generally.

For more information visit [rnib.org.uk/falls](https://www.rnib.org.uk/falls)

or call our Helpline on **0303 123 9999**.