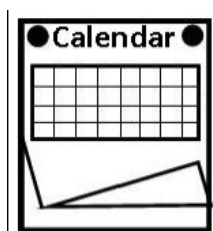


Tips for Staying Steady



This easy read tells you about how you can make it less likely that you will have a fall.

Exercise



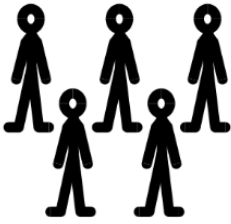
Exercise regularly.



Do exercise to make your legs and upper body stronger.



Do things that help you to practice your balance, such as gardening, dancing, or tai-chi.

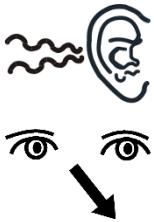


You could [sign up to one of our strength and balance classes around the county here.](#)

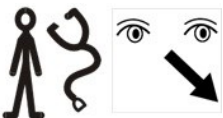


You can watch this [video to tell you about 6 simple exercises to help prevent falls here.](#)

Health



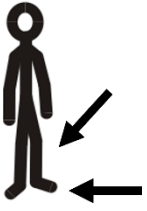
Check your eyesight and hearing.



Go for regular eye tests.



Tell someone about any problems with your hearing, because this can make your balance worse.



Look after your legs and feet.



Wear shoes and slippers that fit you well.



Report any problems to your GP or chiropodist.



Review your medication.



Some medications can make you feel faint or affect your balance.



Please contact your GP if you ever feel like this.



Get enough Vitamin D.

Vitamin D helps to keep bones strong.



Take Vitamin D supplements as try and get outside as much as possible.



Eat a diet rich in calcium.

Calcium also helps keep bones strong.



Good sources of calcium are dairy, supplemented soya products, and canned fish with bones.

At home



Check your home for hazards.



Make sure your home is well-lit and warm.



Do not climb to reach things in high cupboards.

Contact your GP



If you have had a fall or are worried about falling tell your GP.

Getting your confidence back after a fall



There are many ways for you to feel confident again if you have had a fall or are worried about falling.



- Remove clutter. Keep things tidy.



- Remove trip-hazards. Trip-hazards are things you might fall over.



- Mop up spillages quickly.

How can Nottinghamshire County Council help?



Get a free home safety check.



Contact Nottinghamshire County Council for more information.



Consider our [Handy Person adaptation Service](#) for help with minor adaptations and small practical jobs.

Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:



Web: [Use our online contact form](#)



Telephone: 0300 500 80 80



Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



Sign Video

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.



Phone 0300 500 80 80 if you need the information in a different language or format.

Links in this document

Strength and Balance Classes

yourhealthnotts.co.uk/falls-prevention/

Strength and Balance Exercises

nottinghamshire.gov.uk/care/adult-social-care/adult-social-care-hub/information-and-advice-to-keep-you-independent/falls-fractures/strength-balance-classes

Handy Person Adaptation Service (HPAS)

nottinghamshire.gov.uk/global-content/easy-read-library/handy-person-adaptation-service-hpas-easy-read

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download