Are you at risk of a fall?

You may be at risk if you:

• Have had a fall, stumble or trip in the past year
• Worry about falling and this is limiting your activities
• Have problems with balance and moving around
• Are holding onto furniture to move about at home
• Experience problems with your vision, hearing or memory
• Spend a lot of your day sitting/resting
• Have rugs in your home or limited space for moving around
• Find you have difficulties eating and drinking or a poor appetite
• Have a condition such as Parkinson’s, arthritis or cardiac abnormalities

If you have any concerns ask your GP to refer you to an occupational therapist

Occupational Therapy
helping people to live life their way
An occupational therapist can support you to carry out activities (occupations) that you enjoy or want to do through:

- Advice, ideas and equipment
- Advice to improve strength and balance
- Support to talk through any fear of falling

The Practice Guideline: *Occupational therapy in the prevention and management of falls in adults* is available at: [COT.org.uk/publications](http://COT.org.uk/publications)

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