



# 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*

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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**

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**College of Occupational Therapists Limited**

*The UK professional body for occupational therapy staff*

(A subsidiary of the British Association of Occupational Therapists Limited)

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