

## Falls prevention Guide

### Have you had a fall lately? Or noticed your balance isn't what it used to be?

Falls affect many older Australians and can cause injury or disability, loss of mobility, lower quality of life and fear of falling. People with heart disease and diabetes need to be particularly careful. Many people with heart disease take blood thinning medications which make them prone to bleeding and people with diabetes can be at higher risk of complications or infections from injuries. The good news is that you can prevent falling in 3 simple ways: practice exercises to improve your balance, strengthen the leg muscles and keep up daily walking.

Here are some exercise ideas which challenge and improve balance. Please note these are general ideas and may not be suitable for everyone.

Seek professional, individualised guidance if you have specific injuries or conditions.

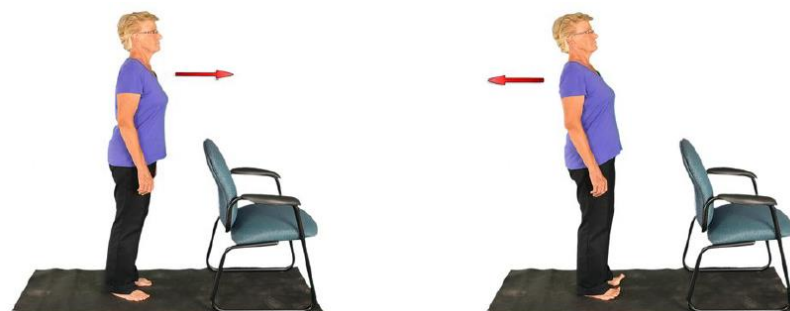
1. Pick a stance below which challenges your balance, or try all of them. Hold for 60 seconds per leg. Be sure to be near a support to grab if you need.



### Ideas to make it more challenging:

- Hold on with only 1-2 fingers or hover hands above the support
- Turn head right, left, up, down
- Reach both hands in all different directions
- Throw and catch a ball on the spot
- Stand on a soft surface, such as a foam mat
- Close your eyes

2. Practice transferring your weight by rocking onto your toes then heels. Practice for 1 minute. Be sure to be near a support to grab if you need.



[www.healthylivingnt.org.au](http://www.healthylivingnt.org.au)

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3. Walk along touching your heels to toes as if walking on a tightrope. Practice for a couple of minutes. Be sure to walk next to a wall or kitchen counter for support if you need.



Ideas to make it more challenging:

- Cross your arms over your chest
- Turn your head side to side
- Throw and catch a ball
- Walk in a figure 8 pattern
- Try going backwards

4. Practice braid walking by stepping in front, together, behind, together. Practice for a couple of minutes. Be sure to be facing a wall or kitchen counter for support if needed.



5. Practice walking around or stepping over objects for a couple of minutes.



6. Practice walking backwards for a couple of minutes. Be sure to walk next to a wall or kitchen counter for support if you need.

