HOW TO FALL-PROOF YOUR HOME

Accidental falls are common, and can lead to broken bones and other serious injuries

More than 1 out of 4 older people (aged 65+) falls each year

Falling once doubles your chances of falling again

1 out of 5 falls causes a serious injury such as broken bones or a head injury

Adapt your home to make it safer

Don’t take risks: Ask for help from family, friends or carers so that changes can be made safely

Objects & Environment

Lights

Bathrooms

Stairs & Steps

World Osteoporosis Day
October 20