

F IT FOR PURPOSE

- REPLACE WORN OUT SLIPPERS WITH SOFT SHOES
- WALKING AIDS - DO YOU NEED ONE? CHECK YOUR FERRULE

A ROUND THE HOUSE

- CLEAR CLUTTER, LOOSE WIRES AND RUGS. ENSURE GOOD LIGHTING AND HANDRAILS.
- REQUEST A HOME HAZARD ASSESSMENT

L ONG TERM CONDITIONS

- SEE GP FOR REVIEW OF LONG TERM CONDITIONS (STROKE, BLOOD PRESSURE, HEART ATTACK, PARKINSON'S DISEASE)
- SEE PHARMACIST FOR A MEDICATION REVIEW

L IFESTYLE

- STAY HYDRATED, EAT A HEALTHY BALANCED DIET AND AVOID EXCESSIVE ALCOHOL.
- SEE OPTICIAN FOR EYE TEST

S EDENTARY LIFESTYLE

- STAY ACTIVE WITH REGULAR EXERCISE.
- BE AWARE OF PAVEMENTS AND KERB