

Keep active and reduce
your risk of falling

Information written with you in mind.

This information guide has been produced with the help of expert peer reviewers as well as older people and carers.

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What this guide is about

As we get older we can start to feel a bit more unsteady on our feet and worry about falling. But there are lots of simple things you can do to help you stay steady.

This guide explains ways you can reduce your risk of falling by looking after your health and the practical things you can do to make sure your home is a safe environment. By making some of the changes suggested, you can make your day-to-day life easier and stay independent for longer.

A fall can leave you feeling quite shaken and could affect your confidence. Whether you've had a fall or not, just the thought of one can make you feel anxious.

Even though falls can become a concern as we get older, they aren't inevitable and there's a lot you can do to reduce the chance of having a fall, even if you've had one in the past.



As far as possible, the information given in this guide is applicable across the UK.

Worried about falling?

Maybe you're nervous because you've had a fall already, or maybe the thought of falling is playing on your mind. It might be that as you get older you start to feel unsteady on your feet, you slow down a little or there are changes to your health.

If you're worried about having a fall or you've already had one, it's common to become cautious, limit what you're willing to do, and lose confidence. These worries aren't unusual, but they can make you anxious, isolated or stop you doing the things you used to.

If you're feeling like this, you might be reluctant to ask for help, even if your fear stops you wanting to go out on your own or do things around the house. It can be difficult to admit things you used to be able to do are getting trickier and you might worry that if you accept help it will reduce your independence.

But it's important to ask for help if you feel you need it. There's plenty of information in this guide about the sorts of things you can do and who you can turn to for help. Making some of these adjustments in your home and talking to those who can help can be exactly what you need to feel confident again and stay independent for as long as possible.

“Mum seemed to lose a bit of her spark after she had a fall. But she seems to be getting it back now.”

Jasmine, 57





How to get help from the NHS

If you've had a fall or start feeling unsteady, tell your doctor, even if you feel fine otherwise. There are many reasons you might feel unsteady and, equally, many ways to help you feel confident again.

Your doctor can check your balance and gait to see if they can be improved. They may be able to refer you for a falls risk assessment or to the falls prevention service. This is run by healthcare professionals with specialist training, and focuses on giving people advice and support to improve and maintain their strength and balance to help them avoid having a fall.

The purpose of the assessment is to:

- listen to what you think the problem could be
- try to work out what's making you feel unsteady
- agree an action plan to reduce your risk of falling.

The action plan should be designed to suit your individual needs and be regularly reviewed so healthcare professionals can see how you're getting on. It might include:

- strength and balance exercises
- having your home checked for hazards
- checking your eyesight and the medicines you take
- showing you how to get up safely if you fall
- investigating any continence problems you have to make sure you don't need to rush to the toilet.

“I went to the GP because I was worried about having a fall. I ended up having an assessment.”

Muriel, 90



Next steps



The National Institute for Health and Care Excellence (NICE) has information on its website, which covers how you can prevent a fall and what treatment may be offered if you have fallen (page 36).



Move more

While it may seem counterintuitive, moving more is the best thing you can do to stay as mobile and independent as possible for as long as you can.

Improving your fitness

If you start worrying about falling, it might feel like it makes sense to wind down – but staying active can be the key to staying steady. Being active can help you maintain your strength and flexibility, help you lift heavy bags and improve energy levels, so that you can carry on doing the things you enjoy.

Our bodies were made to move, and there is no need to stop being active as we get older. That said, it's all too easy to find yourself less able to get moving as you age. Perhaps you've been ill, lost some strength in your muscles, are living with a health condition or have simply got out of the habit. Or maybe you're just not sure what kind of activity you could do.

Being active doesn't have to mean vigorous exercise or even doing anything outside your normal routine. Instead, find ways to try to move a bit more throughout the day – in whatever way works for you. Doing the housework, walking to the shops or even trying out chair-based exercises are great ways to stay active. Doing any amount of activity is better than nothing.

Keeping moving as you get older is one of the best ways to stay well. It can lessen aches and pains, give your mood a boost and help you stay steady on your feet.

It's a good idea to:

- be active every day
- limit or break up the time you spend sitting still
- build up to two and a half hours per week of moderate-intensity activities (that get you breathing harder and your heart pumping faster) starting with doing just 10 minutes at a time
- take part in activities that improve muscle strength at least twice a week – these are repetitive activities that focus on particular muscles
- engage in some activities that improve balance, flexibility and co-ordination, such as yoga or Pilates, twice a week – this is particularly important if you have had a fall or are afraid of falling.

Don't be discouraged if you aren't able to do much to begin with – start slowly and you'll soon notice the difference.

Good to know



As we get older there are many things that can get in the way of us doing the things we used to. Maybe you're finding it harder to move around, or have just noticed a change in your energy or fitness levels. Our guide **Healthy living** has more information on things you can do to stay active.



Improving your strength and balance

Activities that improve your strength and balance are particularly important as you get older. These activities can also help with your posture and coordination.

Some activities that will help your strength and balance include:

- using stairs frequently
- rising slowly and repeatedly to a standing position from a chair
- walking, playing badminton, dancing, or practising yoga
- taking part in special strength and balance exercise classes, tai chi classes or exercise to music classes, such as those run by EXTEND in England and Wales (page 33).



For more information about recommended activities, free exercise guides and videos visit the NHS website. In Wales, visit the NHS Direct Wales website and in Northern Ireland, visit the NI Direct website. See page 32 for contact details for all these organisations.

Make sure that any exercise classes, or exercises described in guides or videos, are suitable for you and you feel comfortable doing them. If you're not sure, haven't been exercising regularly or if you have a heart condition, speak to your GP first about what activities may best suit you. See 'Get help from the NHS' on page 6 for more information.

"I started going to classes in my local area to help improve my bone strength and stop me falling as much."
Ivor, 86



Good to know



Exercises that improve muscle strength and balance can be especially helpful if you have a condition that causes joint pain, as they can help overcome stiffness and unsteadiness and keep your joints moving. See Versus Arthritis' booklet called **Exercise and arthritis** (page 35) for more information.

Getting started and keeping it up

Lots of us have spent our lives on the move – running around after children, holding down busy jobs and keeping up with friends and hobbies. And while it can be nice to enjoy a slower pace of life as you get older, there's no reason why you need to stop enjoying taking part in activities because of your age.

Making regular activity a part of your routine is one of the best ways to stay well in later life – and many activities involve other people so they can be an opportunity to socialise. But sometimes it can also seem to be a lot of effort to start doing more – especially if you're not convinced it'll do you any good.

The best way to get started is to try different exercises or fitness classes. As there are lots of ways to become more active it's worth trying out a few options in order to see what suits you. The best way to make exercise a habit is to keep it simple and realistic. Once you know what kind of activity is right for you, start gently and build up gradually. Aim to do a little bit more every day.

It's easier to keep up an activity you enjoy and that's when you'll improve and begin to feel the benefits. You may be surprised by how much you can achieve. You'll feel stronger, improve your balance and be more flexible – and daily tasks should become that bit easier too.

Always begin any exercise with a warm-up to prepare your body, and finish with cool-down exercises. If you experience chest pain or feel faint, stop exercising immediately and contact your doctor. The day after you have done some exercises your muscles may feel a little stiff. This is normal and shows you are benefitting from the activity.

Staying active in a care home

If you live in a care home it's important to try and stay as active as possible. Walking is a low-impact exercise and is an easy way to stay active. There might also be a weekly programme of activities that you can take part in, for example some gentle stretching. If there isn't you could ask about starting one with the help of the care home's activities coordinator.

“When we were looking for a care home we spoke to the manager and she reassured me they had a long list of activities for the residents.”

Bob, 69



Good to know



Exercises that make your legs stronger help prevent falls. You could start by doing a balance-training exercise, such as a heel raise, where you rise slowly onto your toes and back down again and build up to 10 to 15 repetitions. You can hold on to the back of a chair or the wall, or have someone supporting you, if you need to.

Your health

If you've noticed you're not as steady as you used to be, it's worth having your eyes, ears and feet checked.

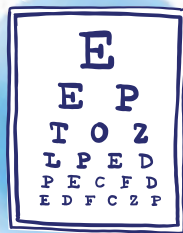
Eyesight, hearing and balance

Vision and hearing play a vital role in balance and movement, so having your sight and hearing tested can help reduce the risk of a fall.

Eyecare

Problems with our sight can become more common as we get older, so it's important to make sure we look after our eyes in any way we can:

- Get your eyes checked and your glasses prescription reviewed at least every two years or more often if your optician recommends it.
- Have a regular eye test, even if you think your sight is fine, as opticians can detect eye conditions at an early stage. NHS eye tests in England, Wales and Northern Ireland are free once you reach the age of 60.
- Glasses fitted with bifocal or varifocal lenses can make objects and surfaces appear closer than they really are. This could cause you to trip or lose your balance, particularly on stairs. Ask your optician for advice.





- If you or anyone you care for finds it difficult to get to the optician for health reasons, look for an optician who offers a home visits service. If you live in a care home, staff may arrange a regular visit from a domiciliary eye care service. You can search for opticians near you on the NHS website (page 35). In Wales, you can search for opticians, including those who offer home visits, on the NHS Direct Wales website (see page 35). In Northern Ireland, visit the NI Direct website (see page 35).
- If you care for someone who is unable to recognise or communicate sight problems, for example someone with dementia, arrange regular eye tests for them. You can ask the optician if they can adapt the tests for the person you care for, to accommodate their needs. Encourage the person to wear glasses if they need them and make sure the lenses are cleaned frequently if they wear them.
- Contact the Royal National Institute of Blind People (RNIB) for information about eye problems (see page 36).

Good to know



If you receive certain benefits, such as Income Support or the Guarantee Credit part of Pension Credit or are on Universal Credit and meet the criteria, you could be entitled to help with the cost of new glasses. If you're not eligible for these benefits but are on a low income, you may be entitled to help through the NHS Low Income Scheme (see page 35). See our factsheet **Help with health costs** for more information. In Wales, see Age Cymru's factsheet **Help with health costs in Wales**.

Hearing problems

Our ears are essential in maintaining balance so it's important we look after them. The risk of hearing loss increases as we get older, but people often wait several years after first noticing their hearing is getting worse before raising it with their doctor.



- Talk to your doctor as soon as you notice your hearing isn't what it used to be, as a problem with your ears can affect your balance. If there's no medical reason for the change in your hearing, such as a build-up of wax or an ear infection, you can be referred for a hearing test and, if necessary, prescribed an NHS digital hearing aid in one or both ears.
- If you care for someone who has been prescribed a hearing aid make sure they wear it and check the batteries frequently.
- Contact Action on Hearing Loss for more information (page 33). You can try their free hearing check on their website or tinnitus helpline, which will advise you whether to see your doctor.

“My husband was recently diagnosed with significant hearing loss in both ears. He now has to wear a hearing aid.”

Sharon, 72



Combined sight and hearing problems

These types of problems can gradually appear as we get older and it can be hard to notice them. But if both your sight and hearing are reduced, things may be particularly difficult. Living with any impairment can badly knock your confidence, but there are things you can do to try and relieve some of your worries.



These types of impairment can often be thought of as natural things we go through as we get older, but they can have a huge impact on day-to-day life so it's important to seek help if these issues are affecting you.

Your local council's sensory team can offer help and support. Following an assessment, their specialist staff will explain what help is available to you. They may also offer mobility training, and give advice on moving around at home and when you're out and about, and on how to keep as fit and active as you can.

Next steps



Contact the adult social services department at your local council to explain how your vision and hearing difficulties, or both, are affecting your daily life and ask for an assessment. Contact Deafblind (page 33) for advice if you have problems with both your sight and hearing.

Managing your medicines

Taking medication can affect how steady you feel. Certain medicines, low blood pressure, being on a number of different medications or poorly controlled diabetes can make you feel faint or dizzy. If you ever feel like this let your doctor or pharmacist know – they may need to check the dose or look at alternative medicines.



If you take medication, your doctor should review your prescription regularly in case you no longer need it or the dose needs to be changed.

If you have any concerns about your medicines, speak to your doctor or pharmacist.

“I’ve been on lots of different medications and I’m not sure what half of them are for! I asked the GP for a medication review - it’s been years since I had one.”

Ray, 72



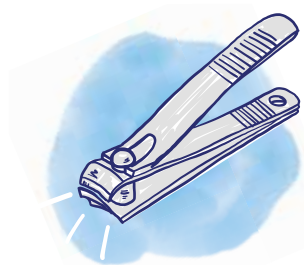
Good to know



Alcohol can interact with some medicines and can affect your balance too. Check the leaflet that comes with your medicine for possible side effects.

Taking care of your feet

Problems with your feet and footwear can stop you getting out and about. They can also affect your balance and increase the risk of falling. So it's important to look after your feet and make sure you're wearing appropriate footwear.



These tips can help you feel more confident on your feet:

- Report problems such as foot pain or decreased sensation in your feet to your doctor or practice nurse.
- Keep your toenails short. If you're finding it difficult to cut them yourself, try asking a friend or family member for help. Or contact your local Age UK to find out whether it offers a toenail-cutting service (there may be a charge). In Wales contact your local Age Cymru.
- Always wear shoes, sandals or slippers. To avoid slips, don't walk indoors in bare feet, socks or tights.
- Wear shoes or sandals that fit well. High-sided shoes with low heels and thin soles with a good grip are a good choice.
- Avoid wearing footwear with high heels.
- Wear slippers with a good grip that fasten up. Loose or worn out slippers may cause you to trip.
- Make sure your trousers, skirt or dressing gown don't trail on the ground.
- If you have arthritis, you may find that trainers or well-cushioned shoes are more comfortable than ordinary shoes and offer more support. But make sure the soles aren't too thick, as you could feel unsteady if you can't feel the floor beneath your feet. Ask your doctor or chiropodist for advice.

Keeping your bones strong

Not only do strong bones make a fall less likely, but if you do fall, the effects are likely to be less severe. Regular weight-bearing exercises, such as brisk walking, bowls and tennis, help keep bones strong by forcing the bones in the lower half of your body to bear your full weight each time you move.



Calcium and vitamin D

You need calcium and vitamin D to build and maintain strong bones – they can be found in certain foods.

Good sources of calcium are dairy foods, fortified soya products and canned fish (including the bones). It is also found in fortified breakfast cereals, white bread, pulses and nuts such as almonds.

Food sources of vitamin D are salmon, sardines and other oily fish, eggs, and fortified spreads. However, it's difficult to get enough vitamin D from diet alone. Sunshine is the best source of vitamin D. In spring and summer, most people can get enough vitamin D from short periods of daily sun exposure. Try to go outside every day for short periods from March to October, exposing at least your forearms and hands to the sun. Don't let your skin redden or burn.

In autumn and winter, the sun isn't strong enough to produce vitamin D and most people won't get enough from food, so it's recommended that adults of all ages consider taking a daily vitamin D supplement of ten micrograms (10µg). You may need a supplement all year round if you spend most of the day indoors, have dark skin, or cover your skin for cultural reasons. If you think you aren't getting enough vitamin D, ask your doctor or pharmacist for advice.

Osteoporosis

If a minor bump or fall results in a broken bone, this could be because you have a condition called osteoporosis. This causes bones to become fragile and break more easily.

Your risk of osteoporosis is increased by:

- your age – the older you are, the more likely you are to develop this condition
- a history of osteoporosis in your family
- heavy drinking, smoking and lack of exercise
- some medications, such as long-term use of corticosteroid medications, anti-epileptic drugs and some cancer treatments
- an early menopause or hysterectomy with removal of the ovaries for women
- low levels of testosterone following surgery for some types of male cancer.

Next steps



For more information about osteoporosis, contact the Royal Osteoporosis Society (page 36). Speak to your doctor if you think you could be at risk of osteoporosis, particularly if either of your parents broke a hip.

Mary is 82 years old and lives in sheltered accommodation.

Joining a seated-exercise programme has improved Mary's fitness and balance.

'My balance was never any good but as I've got older it's got worse. I recently had a bad fall in my flat. I tripped over my rug and gashed my head on the fireplace. I needed stitches and looked a real picture with two black eyes. It knocked me for six. I became very wary about going out and doing jobs around the house.

'Then Alison, the warden, asked me if I wanted to join the weekly seated-exercise programme run by my local Age UK in our communal lounge. I knew about it but thought that I was too old for exercising and I like to keep myself to myself. But Alison persuaded me.





‘The first session was quite tiring but as we went along I began to feel better. My general fitness, strength and balance have all improved and I am less worried about falling over.

‘It’s really good fun – not what I expected. Everyone has a good natter afterwards and a cup of tea. It’s more of a club than an exercise class. I now speak to people I’ve seen around for years but never spoke to before, so it’s been good in lots of ways.

‘One special bonus was meeting Liz, who has become a real friend. She drives and so we go on outings. This has made a big difference to me. I look forward to things again, which I haven’t done for a while.’



Around the home

Sometimes even familiar environments can become difficult to get around as we get older. We all have worries about finding things harder, whether we're scared of falling or starting to find the stairs harder to navigate – but it's important to feel safe and comfortable in your home. There are some simple things you can do to ensure that you keep yourself safe from a fall.

Asking for a care needs assessment

If you think you could benefit from adaptations to your home, get in touch with the adult social services department of your local council or the Integrated care team in your local Health Care Trust in Northern Ireland. They'll be able to give you more information about what your options are and may offer you a free care needs assessment. This is where an assessor comes to your home and has a look at how you're managing everyday tasks and what you'd like to achieve in your day-to-day life.

Checking your home environment

Look out for things that could cause you to slip, trip or fall to make your home a safer place to live in. Although some of these points may seem obvious, it's surprising how often they are overlooked – so it's worth checking.

- Do you have a nightlight in the bedroom, a bedside light or a torch by the bed in case you need to get up in the night?
- Do you have good lighting, particularly on the stairs?
- Are stairs and steps free of clutter?
- Do you have handrails on both sides of the stairs?
- Are floors clear of trailing wires, wrinkled or fraying rugs and carpets, or anything else you might trip or slip on?
- Do you have a non-slip mat and a fitted handrail in the bath?
- Do you have non-slip mats under rugs?
- Do you keep your garden paths clear and free from moss? Watch out for other uneven paths and slippery surfaces as well. Carefully placed handrails and posts can be helpful if you need them.
- Do you rely on a stepladder to reach high places? Always ask someone to help if you're using a ladder and never stand on a chair.
- Does your pet wear a collar with a bell on? Pets can get under your feet, so be aware of where they are when you're moving about.

Suggestions for keeping safe at home

Making small adjustments in your daily life doesn't mean that you have to limit your activities. In fact, it can mean you can have more freedom and confidence, allowing you to stay independent for as long as possible.

These are some tips to stay safe:

- Take your time getting up, and then stand still for a moment to steady yourself before walking. Sitting or standing up too quickly can make you feel light-headed. Tense your arms and legs a few times before getting up from a chair, and sit on the side of the bed for a few minutes before standing up.
- Move your head slowly to avoid dizziness if you have arthritis in your spine or neck. Speak to your doctor if you ever feel dizzy or need to use furniture for support when moving around your home (see 'Get help from the NHS', page 6).
- Keep warm: cold muscles don't work as well as warm ones and may lead to accidents and injuries.
- Avoid tasks such as cleaning windows or changing light bulbs if they make you feel dizzy or light-headed.

**"I have to take a minute
when I get up from sitting
down to steady myself."**

Jerry, 78



The stairs

Getting up and down the stairs can start to feel more difficult as we get older – even if we’re relatively mobile. You may run out of breath quite quickly, or you might worry about tripping and falling. But there are a few things to bear in mind to try and make going up and down stairs seem less daunting:



- Make sure your stairs are well lit and free from any clutter or trip hazards.
- Take your time walking up and down stairs to reduce the risk of losing your balance.
- Pay attention to what you’re doing and don’t hurry – there’s nothing wrong with taking extra care.
- Consider having a second bannister fitted, or even a stair lift. These could make all the difference.

Next steps

See our guide **Adapting your home** for more information on adaptations.

Getting a home safety check

We all want to be safe, especially when we're in our own homes. Contact your local council to find out if it offers home safety checks or a handyperson scheme. Some local Age UKs offer a handyperson scheme for older people who meet certain criteria, to assist with small repairs and identify home hazards (page 32).



Alternatively, there may be a Home Improvement Agency (HIA) offering similar help locally. Contact Foundations, the national body for HIAs, or your local council (page 34).



In Wales, contact your local Age Cymru to find out if there's a handyperson or HandyVan scheme in your area (see page 32) or contact Care and Repair Cymru (page 34). In Northern Ireland, check with Age NI for local availability of handyperson schemes (page 32).

Next steps



For more information about aids and adaptations that can make your home safer and advice on how to prevent accidents, see our guides **Adapting your home** and **Staying safe**.

Telecare

If you've had a fall and are concerned about falling again, simple technology known as telecare can give you support. For example, a bed or chair sensor can detect if you've got up but haven't returned within a set time, and automatically sends an alert to a carer or call centre in case you've fallen.

Personal alarms

Personal alarms allow you to call for help if you need it, for example, if you're unwell or have a fall and can't reach a telephone. By pressing a button on a pendant or wristband that you wear all the time you can contact a 24-hour response centre. Staff at the emergency response centre will then call either your chosen contact person – a neighbour, relative or friend – or, if the situation is more urgent, the emergency services.

Your local council may run a telecare or personal alarm scheme. Visit www.gov.uk/apply-for-community-alarm to search by postcode.

“I'd heard about personal alarms at falls clinic so I contacted the council to see if I could get one.”

Marion, 86



Next steps

See our guide **Adapting your home** for more information about telecare.

Steps for Staying Steady

Use this handy checklist as a guide to the eight key things you can do to stay steady on your feet.

1 Exercise regularly

Focus on activities that challenge your balance and strengthen your legs and upper body, like gardening, dancing or tai chi (see pages 8-12).



2 Check your sight and hearing

Go for regular sight tests and report difficulties you have with hearing in order to identify problems affecting your balance (see pages 14-17).



3 Look after your feet

Wear well-fitted shoes and slippers, and report any foot problems to your GP or chiropodist (see page 19).



4 Ask about your medicines

Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this (see page 18).



5

Get enough vitamin D

Vitamin D is essential for keeping bones strong – the best source is sunshine (see pages 20-21).



6

Eat a diet rich in calcium

Calcium also helps to keep your bones strong. Good sources are dairy foods, fortified soya products and canned fish with bones (see page 20).



7

Check for home hazards

Make sure your home is hazard-free and well lit (see pages 24-29).



8

Visit your GP

If you've had a fall or are worried about falling, tell your GP. There are many ways to help you feel confident again (see pages 6 and 7).



Useful organisations

Age UK

We provide advice and information for people in later life through our Age UK Advice Line, publications and website.

Age UK Advice: 0800 169 65 65

Lines are open seven days a week from 8am to 7pm.

www.ageuk.org.uk

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact Age Cymru: **0800 022 3444**

www.agecymru.org.uk

In Northern Ireland, contact Age NI: **0808 808 7575**

www.ageni.org

In Scotland, contact Age Scotland: **0800 124 4222**

www.agescotland.org.uk

In Wales, Age Cymru runs two physical activity programmes to encourage older people to become more active – Nordic Walking, and Low Impact Functional Training, where trained volunteers deliver low-level activities and games to older people. For more information, call **029 2043 1555** or visit the Age Cymru website.

Action on Hearing Loss

Provides advice and support through an information line, tinnitus helpline and range of factsheets.

Tel: **0808 808 0123**

Textphone: **0808 808 9000**

Tinnitus enquiries: **0808 808 6666**

www.actiononhearingloss.org.uk

Deafblind

Provides services, information and advice for people who are deafblind or have both a sight and hearing loss.

Tel: **0800 132 320**

www.deafblind.org.uk

EXTEND

Arranges community-based exercise classes for older people and trains teachers to run exercise classes. Regional contacts are listed on the website.

Tel: **01582 832 760**

www.extend.org.uk

Handyperson scheme

Over 70 local Age UKs operate handyperson services across much of the country. These services offer older people extra help with small practical jobs – from putting up curtain rails to installing energy-efficient light bulbs or putting on a door chain. These are usually charged-for services, and the cost will depend on the nature of the work required. To find out details of your local Age UK, please call Age UK Advice on **0800 169 65 65**.

Home Improvement Agencies

Help older homeowners and private tenants organise repairs, improvements and adaptations to their homes.

In England, contact Foundations

Tel: **0300 124 0315**

www.foundations.uk.com

In Scotland, contact Care and Repair Scotland

Tel: **0141 221 9879**

www.careandrepairsotland.co.uk

In Wales, contact Care & Repair Cymru

Tel: **0300 111 3333**

www.careandrepair.org.uk

NHS

A comprehensive information service to help you take control of your healthcare; the website includes an A-Z health dictionary and symptom checker.

www.nhs.uk

In Wales, contact NHS Direct Wales

Tel: **0845 46 47**

www.nhsdirect.wales.nhs.uk

In Northern Ireland, contact NI Direct

www.nidirect.gov.uk

In Scotland, contact NHS Inform

Tel: **0800 22 44 88**

www.nhsinform.scot

NHS Health Scotland

Provides information to promote healthy living for people in Scotland and works closely with local health boards.

www.healthscotland.scot

NHS Low Income Scheme

Provides full or partial help with health costs for people on a low income.

Tel: **0300 330 1343**

www.nhsbsa.nhs.uk/nhs-low-income-scheme

NICE (National Institute for Health and Care Excellence)

Provides guidance on being healthy and treating illnesses.

You can download Preventing falls in older people from
www.nice.org.uk/guidance/cg161/

NICE guidance only applies to people using the NHS in England and Wales.

RNIB

Provides information and support for blindness and visual impairment.

Tel: **0303 123 9999**

www.rnib.org.uk

In Wales, contact RNIB Cymru

Tel: **029 2082 8500**

www.rnib.org.uk/wales

In Scotland, contact RNIB Scotland

Tel: **0131 652 3140**

www.rnib.org.uk/scotland

Royal Osteoporosis Society

Offers information and support on prevention and treatment of osteoporosis.

Tel: **0808 800 0035**

www.theros.org.uk

Versus Arthritis

Provides information and support to people with arthritis.

Tel: **0800 5200 520**

www.versusarthritis.org

Can you help Age UK?



If you would like to, please complete the donation form below with a gift and return to: **Freepost Age UK REPLY**. Alternatively, you can phone **0800 169 87 87** or visit **www.ageuk.org.uk/donate**. If you prefer, you can donate directly to one of our national or local partners. Thank you.

Your details

AGUK0081 MXAQ-19CA05-C010

Title: Forename: Surname:

Home address:

Postcode:

We'd[†] like to let you know about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well as the products and services you can buy. We will never sell your data and we promise to keep your details safe and secure.

☐ **I do not wish** to receive communications by post.

You can change your mind at any time by phoning **0800 169 87 87** or writing to Supporter Services at the registered address below.

For further details on how your data is used and stored:

www.ageuk.org.uk/help/privacy-policy

Your gift

I would like to make a gift of £:

☐ I enclose a cheque/postal order made payable to Age UK, or

Card payment I wish to pay by (please tick):

☐ MasterCard ☐ Visa ☐ CAF CharityCard ☐ Maestro

Card number Expiry date

Signature

Gift Aid declaration ☐ Yes, I want Age UK and its partner organisations* to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Today's date * Age Cymru, Age Scotland and Age NI. **Please ensure you provide your full name and address**, and let us know if you wish to cancel your declaration, or if your tax status, name or address changes.

[†] We, includes the charity, its charitable and trading subsidiaries, and national charities (Age Cymru, Age Scotland and Age NI). Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA. **Age UK provides a range of services and your gift will go wherever the need is the greatest.**

Help us be there for someone else

We hope you found this guide helpful. When times are tough, it's so important to get some support. Did you know you could help us reach someone else who needs a little help? Here's how:

1

Give your views on guides like this

Our Readers' Panel helps make sure the information we produce is right for older people and their families. We'd love you to join. Go to www.ageuk.org.uk/publications/readers-panel.

2

Donate to us

Every donation we receive helps us be there for someone when they need us. To make a donation, call us on **0800 169 8787** or go to www.ageuk.org.uk/donate.

3

Volunteer with us

Our volunteers make an incredible difference to people's lives. Get involved by contacting your local Age UK or at www.ageuk.org.uk/volunteer.

4

Campaign with us

We campaign to make life better for older people, and rely on the help of our strong network of campaigners. Add your voice to our latest campaigns at www.ageuk.org.uk/campaigns.

5

Remember us in your will

A gift to Age UK in your will is a very special way of helping older people get expert support in the years to come. Find out more by calling **020 3033 1421** or visit www.ageuk.org.uk/legacy.

What should I do now?

You may want to read some of our other relevant guides, such as:

- **Healthy living**
- **Adapting your home**
- **Your hospital stay**

You can order any of our guides or factsheets by giving our Advice Line a ring for free on **0800 169 65 65** (8am-7pm, 365 days a year).

Our friendly advisers will also be able to help answer any questions you have about anything you've read.

All of our publications are available in large print and audio formats.

There's plenty of really useful information on our website, too. Visit **www.ageuk.org.uk/falls** to get started.

If contact details for your local Age UK are not in the below box, call Age UK Advice free on **0800 169 65 65**.



0800 169 65 65
www.ageuk.org.uk



Age UK is a charitable company limited by guarantee and registered in England and Wales (registered charity number 1128267 and registered company number 6825798). Registered address: Tavis House, 1-6 Tavistock Square, London WC1H 9NA. Age UK and its subsidiary companies and charities form the Age UK Group, dedicated to helping more people love later life. ID204380 12/19