

How to Stay On Your Feet®

Checklist



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An electronic version of this document is available at
www.health.qld.gov.au/stayonyourfeet

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Stay active, stay independent and Stay On Your Feet®

This checklist is designed to help you to stay active and independent and live in your own home for longer.

Falls are one of the main reasons that older people are admitted to hospital or need to move to a higher level of care, such as a nursing home. However, falls are not an inevitable part of the ageing process. You can help reduce your risk of falling by:

- › knowing the risk factors for falling
- › taking action to stay healthy and active
- › creating a safe environment in and around your home.

This checklist is Queensland Health's information and suggestions based on the latest research to help you manage your health and lifestyle, as well as make your home safer. It will help you Stay On Your Feet®.

The checklist covers information on wellbeing, nutrition, physical activity and health conditions experienced by people as they get older. It also includes information on the most common types of hazards found in and around the home. While some hazards may not be a problem now, they could become a problem in the future.

How to use this checklist

Make some time to either go through the checklist yourself or sit with a friend or helper and discuss the checklist together. The whole checklist does not have to be completed at once and you may like to break it up into sections. For example, you could start with the health section first and later move to the section about safety in and around the home.

Complete the checklist by ticking **yes** or **no** in the circle next to the statements. If you answer **yes** to any statement, this indicates that you will need to make changes in this area. If you answer **yes** to a statement about health and wellbeing, talk to your doctor or health professional about these areas.

Each section is marked by a symbol that indicates the type of issue it addresses.

This checklist should be completed about once a year to make sure that you are familiar with any risk factors if your situation changes.

There is an extensive list of useful government and community organisations and their contact details provided as an appendix to this checklist.

-  Stay active and stay independent
-  Health conditions
-  Medicines
-  Foot care
-  Footwear
-  Vision
-  Strong bones, muscles and healthy eating
-  Contenance
-  Inside the home
-  Bedroom
-  Lighting
-  Bathroom and toilet
-  Kitchen
-  Lounge room or living room
-  Floors, walkways and stairs
-  Pets
-  Outside the home
-  Home maintenance
-  Personal alarms and walking aids
-  What to do if you fall at home

Contents

- Stay active and stay independent 1
- Health conditions 4
- Medicines 6
- Foot care 9
- Footwear 11
- Vision 14
- Strong bones, muscles and healthy eating 17
- Continence 22
- Safety in and around the home 25
 - Inside the home 25
 - › Bedroom 26
 - › Lighting 27
 - › Bathroom and toilet 27
 - › Kitchen 29
 - › Lounge room or living room 30
 - › Floors, walkways and stairs 31
 - › Pets 32
 - Outside the home 33
 - Home maintenance 34
- Personal alarms and walking aids 35
- What to do if you fall at home 36
- Acknowledgments 37
- Contacts Appendix 38



strength



balance



health



safety



independence