



Queensland Government

How to Stay On Your Feet®

Checklist



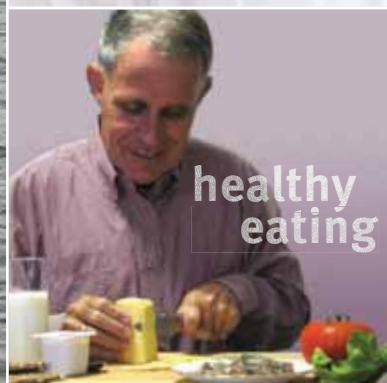
strength



health



balance



healthy eating



medications



independence

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 provides 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 organisations and their contact details provided as an appendix to this checklist.

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

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