



Health conditions

Many health conditions can increase your risk of falling, especially anything that reduces your level of activity or makes you feel unsteady on your feet. Work with your health professional to develop a management plan that suits you and helps you to manage any health conditions that increase your day-to-day risk of falls.

Take action to manage and maintain your health – develop a plan with your health professionals.

Do you have a health condition that could increase your risk of falling?

- Q I have been diagnosed with a health condition such as diabetes, stroke, arthritis, Parkinson’s disease, depression or a heart condition Yes No

A **If you answered ‘Yes’**

- › Have a regular check up with your doctor and/or health professional.
- › Learn as much as you can about your condition by talking to your doctor or a health professional. Ask them for relevant and reliable brochures, information booklets and websites. They can also provide you with contact details for a support group.
- › Seek early treatment if your symptoms change.

- Q I experience feelings of dizziness or light-headedness Yes No

A **If you answered ‘Yes’**

If you are dizzy or light-headed, visit your doctor to discuss your symptoms.

Have you lost your confidence because of worrying about falling?

- Q I have had a trip, slip, stumble or fall in the last six months (even if it did not cause an injury) Yes No

A **If you answered ‘Yes’**

A previous fall, even a minor one, increases your chances of having a more serious fall in the future. Falls are preventable, so take action and see if you can work out why you fell. Complete this checklist and talk about any ‘yes’ responses with your doctor or health professional.

Q I limit my daily activities because I worry about falling

Yes No

A **If you answered 'Yes'**

Worrying about falling is common, particularly after a previous fall. After a fall, many people try and reduce their activity so they do not fall again. However, if you limit your activity then this reduces muscle strength, mobility, and social contact – all of which increases your falls risk.

Talk to your doctor or health professional if you have concerns about falling or can't go about your normal daily activities.

Tips to manage your health

- › Work with your doctor or other health professionals to develop an understandable and achievable personal health care plan.
- › Be aware that your state of mind can contribute to your risk of falling.

Who can help?

- › Doctor
- › Specialist
- › General practice or community nurse
- › Physiotherapist
- › Psychologist
- › Occupational therapist
- › Support group eg. arthritis support group

Further information on support groups in your area is available from 13 Health and the Commonwealth Respite and Carelink Centres (further information available on page 38).

For further information on how to stay on your feet, visit:

- › Queensland Stay on Your Feet® at: www.health.qld.gov.au/stayonyourfeet

I plan to take action by ...

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