

# Preventing falls

**Falls can have a serious effect on people's lives.**

**You can help us to prevent them.**

Do **you** know someone who:

- Feels nervous about the possibility of falling?
- Gets dizzy or feels light-headed when they get up out of a chair or bed?
- Has difficulty walking or feels unsteady on their feet?
- Takes four or more medications daily?
- Exercises less than twice a week?



If the answer is **yes** to any of these questions, now is the time to encourage them to talk to their GP or pharmacist.

If you want more information regarding falls and prevention please contact your local council listed below.

[www.healthandcareleicestershire.co.uk/preventingfalls](http://www.healthandcareleicestershire.co.uk/preventingfalls)

**Leicester (city residents only) - 0116 454 1004**

(Monday - Friday 8.00am - 6.00pm)

**Leicestershire** - visit [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk) for information or to make a referral.

**Rutland - 01572 722 577**

(Monday, Wednesday, Thursday, 8.30am - 5.00pm;

Tuesday, 9.00am - 5.00pm; Friday 8:30am - 4.30pm)