



both balance and safety. Regular check-ups will ensure your inner ears are functioning properly to help with balance, and that your eyesight can spot potential hazards in your home.

- **Stay Hydrated:** Dehydration can cause dizziness, which increases the risk of falls, so be sure to drink plenty of water throughout the day.
- **Use Mobility Aids:** Walking sticks, frames, and handrails around the house are excellent tools to help you move around safely and confidently.
- **Non-Slip Mats:** In areas like the bathroom, non-slip mats are a must to prevent slipping. If you need extra help, one of our caregivers can assist with personal care, offering you peace of mind and a little extra support when you need it most.
- **Lifeline or Mobile Phone:** Always having a lifeline or mobile phone within reach is essential. If you do fall, it means help is just a call away, and it can reduce the time it takes for help to arrive, which can minimise injury and long-term effects.

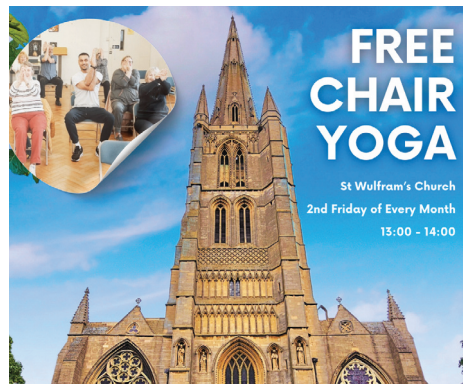
By incorporating these strategies, you can reduce the risk of falls and continue living independently in the comfort of your own home. If you ever need extra support, we're here for you!

Fall-Free Living: Practical Tips for Senior Health

As we age, it's common for our bodies to slow down, even though our minds remain active and energetic. You feel like you can move as quickly as you used to, but this can trip up your balance and lead to falls.

Falls are one of the main reasons people move into care homes, as they require consistent monitoring. At Right At Home, we're passionate about people staying in the comfort of their own homes. To help with that, we'll share some practical fall-prevention tips to keep you safe and steady on your feet.

- **Chair Yoga:** We offer free chair yoga sessions in the community to help improve strength and balance. These exercises can make a difference in reducing fall risks. Check our website or reach out to us on 01476 833168 to see if we offer sessions near you.
- **Exercise:** Daily strength and mobility exercises can really help maintain balance, coordination, and overall strength, making it easier to move around safely.
- **Brighten Up Your Space:** Especially during winter months, keeping your home well-lit is essential to avoid trip hazards. A flashlight by the bed is a great idea for night time safety.
- **Regular Hearing and Vision Checks:** Keeping your hearing and vision in good shape is key to



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