

If you want to find out more about falls...

- how to prevent them
- who can help



Visit the Southern Trust's Online Falls Directory

www.southerntrust.hscni.net/falls



Southern Health
and Social Care Trust

Quality Care - for you, with you

Developed by the Promoting Wellbeing Team

**Supporting strength, confidence
& independence as you get older.**



- 1 in 3 older people 65 years and over experience a fall.
- Falls can result in broken bones, hip fracture and reduced independence.
- People who fall are at increased risk of falling again if no action is taken to reduce the risks.

Falls Prevention

The falls directory will help you to:

- understand why falls occur
- reduce the risks of falling
- improve your bone health
- understand how health conditions can link to falls
- make your home environment safer
- understand how health professionals can help you
- understand what to do if you fall