

LIVE **STRONGER**
FOR **LONGER**

PREVENT FALLS & FRACTURES

HELP PREVENT FALLS AND FRACTURES IN OUR OLDER PEOPLE

Did you know that 1 in 3 people over the age of 65 and 1 in 2 over the age of 80 are at risk of having a fall.

Help prevent falls in older people by asking a few simple questions:

- Have you slipped, tripped or fallen in the last year?
- Do you need to use your hands to get out of a chair?
- Have you avoided some activities because you might lose your balance? Do you worry about falling?
- Do you worry about falling?

If they answer yes to any of these questions, they could benefit from attending a community group strength and balance class or in-home strength and balance support might be more appropriate.

The 'Live Stronger for Longer' movement provides practical advice, information and free resources to help people over 65, who maybe at risk of having a fall, and those who care for them, to stay well, independent and on their feet for longer.

Help reduce falls and fractures and promote the movement.

WWW.LIVESTRONGER.ORG.NZ