

# it's NOT OK to trip or fall

Falling should not be an inevitable consequence of getting older **BUT** as we age we do get weaker and our balance reactions get slower which means we are at more risk of falling.

If you are falling because you are fainting or light-headed you need to see your GP



You have lots of options:-  
**Balance exercises at home** (videos or booklets)  
<https://wesport.org.uk/fall-proof/>



**Get Up and Go Advice** to prevent falling  
[https://www.csp.org.uk/system/files/get\\_up\\_and\\_go\\_0.pdf](https://www.csp.org.uk/system/files/get_up_and_go_0.pdf)

**1 to 1 support** with Better Health North Somerset Lifestyle Advisors  
<https://www.betterhealthns.co.uk/get-active/>



Age UK Somerset run a number of **classes** in your area such as 'Strong & Steady', Tai Chi, Yoga & Zumba Gold. To find out more call 01823 345626 or email [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

**Falling regularly?** Ask your GP about a referral to a **specialist physiotherapist service.**