

Did You Know?

One out of three adults aged 65 years and older fall each year, and one third of them fall more than once. Falls can cause pain, disability, loss of independence or early death.

Falls can affect your life and the lives of those around you. Falls can cause you to

- have fractures,
- be in hospital for a long time, or
- lose your self-esteem and confidence.

[Source: Falls Prevention Programme, 23 August 2018, HPB]

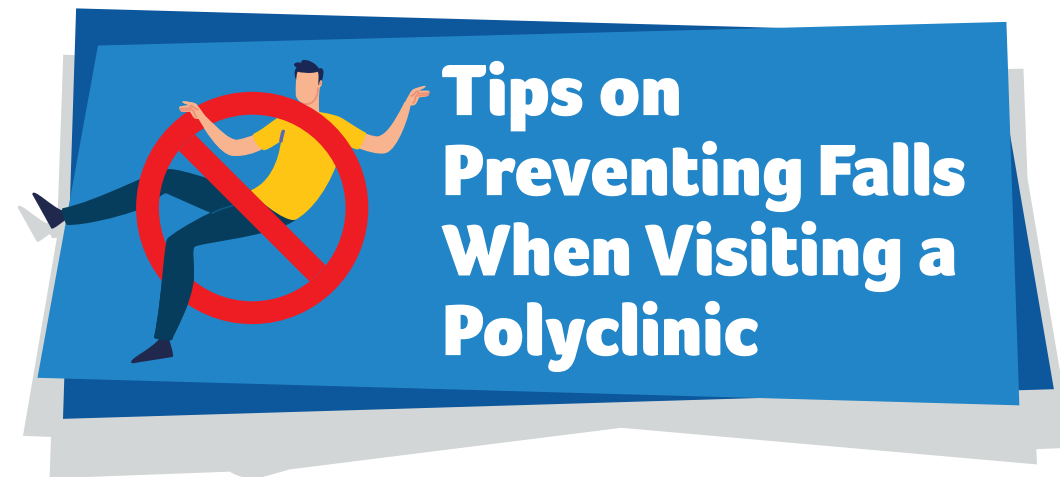
Special Note to Caregivers



Lock brakes before transferring the patient and when the wheelchair is not moving.

Help to adjust the patient so that the patient is **sitting in an upright position**.

Avoid hanging bags on push handles.



8 Tips to Reduce the Risk of Falling in the Polyclinic



Inform our staff if you are giddy, unwell, in pain, or have poor eyesight. If you have been checked by our staff to be at high risk for falls, please use the wheelchairs provided.



Do not get up from the wheelchair without help.



Inform the doctor if you:

- Feel giddy after starting new medications,
- Are unable to see clearly, or
- Had two or more falls within the last six months.



Do not look at your mobile phone while walking.



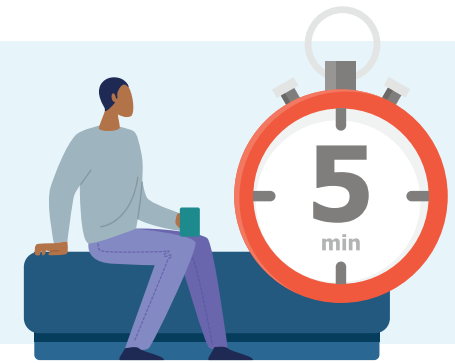
When your queue number is called, do not rush from your seat. Always look out for any legs of chairs or bags that may be in your way.



Wear proper non-slip shoes.



When fasting for blood tests, make sure that you drink enough plain water.



After blood tests, do rest for at least five minutes. Start walking only when you feel well. Do not walk if you feel giddy.