

## Discharge information after a fall

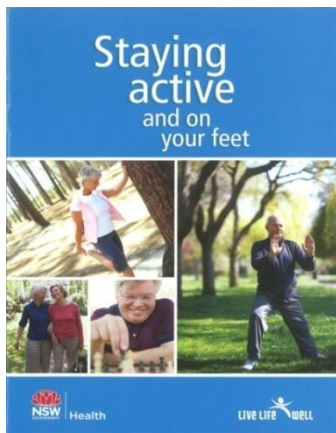
**A fall can be serious and can lead to loss of confidence and independence.** As you have had a fall in hospital, here are some pointers for your care at home and to prevent another fall.

### What to discuss with your GP at your next appointment:

- exercise that is best for you to reduce falls
- how to improve your mobility
- how to manage chronic health conditions
- your medications (that might lead to a fall)
- bone health
- if you need vitamin D
- any vision problems
- any foot pain or problems

### If you experience any of these symptoms soon after your discharge from hospital, please seek prompt medical attention:

- have a headache that gets worse, or will not go away
- feel dizzy or faint
- have blurred vision or slurred speech or saying things that don't make sense
- are feeling nauseated or are vomiting
- feel increasingly sleepy, restless, confused, agitated, a change in behaviour
- have increased pain
- cannot move part of your body, or have increased clumsiness or balance problems.



### ***Staying Active and on Your Feet*** booklet

- Health and lifestyle checklist
- How to get up from a fall
- Exercises to do at home
- Home safety checklist

For a copy of the booklet and **to find an exercise program close to you**

Visit: [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

