



Stay On Your Feet®

1



Have your medicines reviewed

2



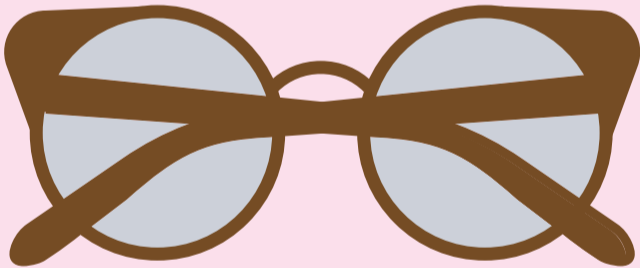
Wear safe footwear

3



Stay hydrated and eat
a balanced diet

4



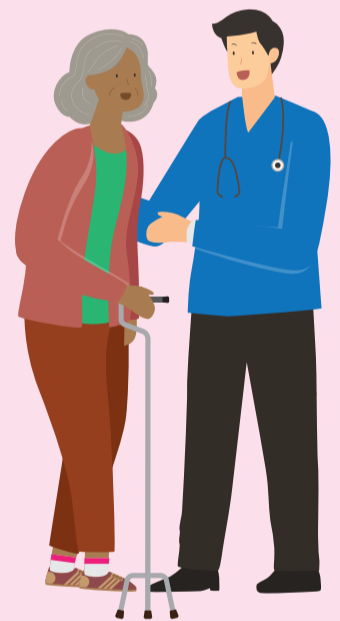
Ensure you have your glasses
and hearing aids

5



Keep active

6



Follow the advice from staff

7



Manage toileting

8



Use your walking aids

For more information

Speak to your treating team about
any concerns

Injury Matters



Department of Health

