

# Ways to reduce falls

Falls can lead to serious injuries.



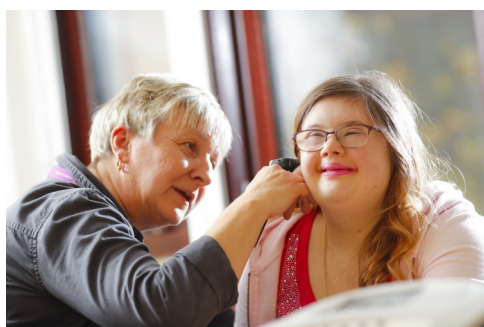
**Wear comfortable and supportive shoes.**



**Visit your GP if you are in pain, feel dizzy or keep having falls.**



**Keep yourself fit and eat healthily.**



**Get your eyes and ears checked at your GP.**



**Keep your home well-lit and free from clutter.**

**If you fall, make a referral to the Learning Disability Physiotherapy or Occupational Therapy Team.**

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**Did you know you can have a free health check up every year?**

Ask your doctor for a check up.



**Do you have Down's Syndrome and aged 30 or over?**

The Community Learning Disability Team are offering screening sessions for dementia.

Call our team!



**( we care )**

**Contact the Learning Disability Team**

**Phone: 0300 1234 195**

**Email: [kentchft.lidsref@nhs.net](mailto:kentchft.lidsref@nhs.net)**

**Website: [www.kentcht.uk/LD](http://www.kentcht.uk/LD)**